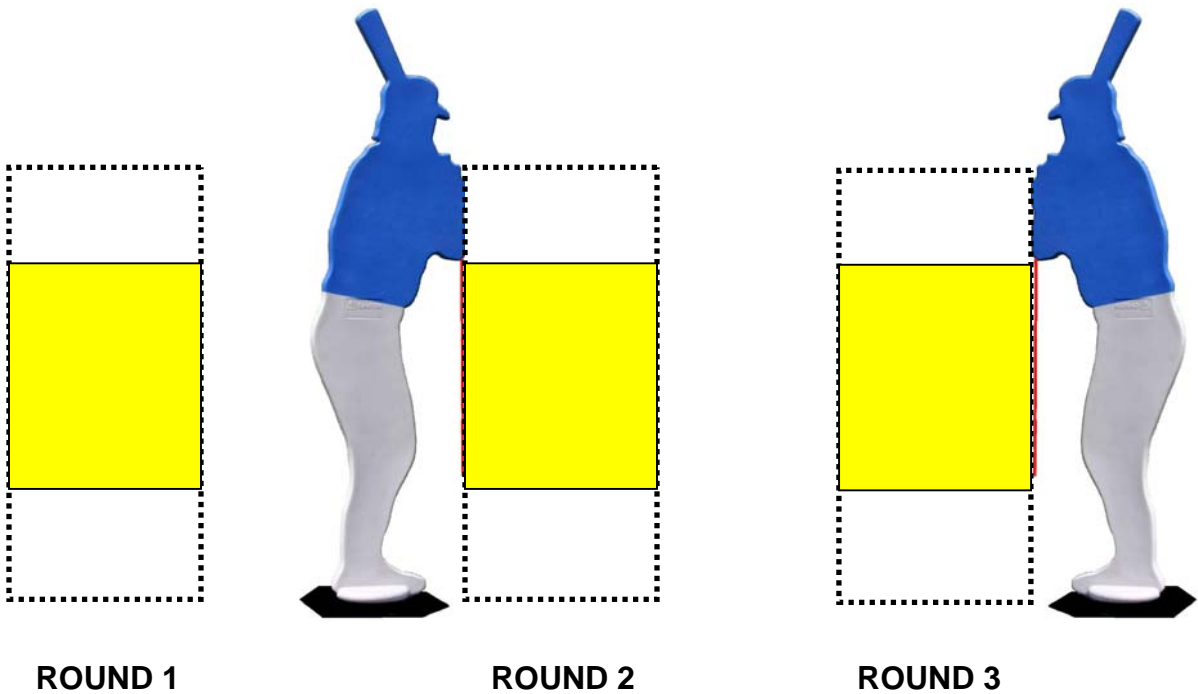


Batter's Box Drill

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Date: _____



The purpose of this drill is to establish how well your pitchers throw with a batter in the box. Some pitchers throw great bullpen sessions with no batter, then cannot throw strikes when they get into a game. Or, they throw well to RH batters but have difficulty throwing to LH batters. Ideally, you will do this drill with a DH placed in the batter's box; otherwise, have a player stand in.

F – fastball **C** – curve **X** – changeup

Write on the chart where each pitch is located for all three rounds. Younger pitchers not throwing curves/changeups can throw all fastballs

12 pitches per round (7 fastballs, 3 curves, 2 changeups).

The red line next to the boxes for Rounds 2 & 3 is the Inside Pitch Attachment on the DH, and indicates a pitch on the inside corner. Pitches that are close to the hands area are the ideal location for jamming pitches.