

5 TRACKING DRILL

PURPOSE:

Teach hitter to track the ball from the pitcher's hand and learn the strike zone

PROCEDURE:

1. Pitcher stands approximately 10'–12' away from hitter.
2. HITTER DOES NOT SWING. Hitter calls the pitch like an umpire (inside corner, outside corner, ball high, ball low, strike down the middle, etc.).

Hitter should see 12 pitches.

