

# BACKDOOR HITTING DRILL



**PURPOSE:** To teach the hitter to hit the breaking ball (curve) to the opposite field; to keep head down to track the ball. Eye contact with the ball should be stressed. Also a good hit and run drill.



## PROCEDURE:

1. Hitter assumes normal stance.
2. Set JUGS Toss Machine directly behind catcher's normal position.
3. JUGS Toss Machine delivers ball over home plate.
4. Hitter drives ball into opposite field and into net.