

WHIFFLE BALL DRILL

(Source: <http://www.softballspot.com>)

To run this drill, you'll need 15 to 20 golf ball sized whiffle balls. You can get these at any sporting goods or golf store for about three bucks.

Next, you'll need a wooden wand or dowel that has been cut to bat length. Make sure that you tape down the bottom 10 inches to create a secure grip for the hitter (cloth-backed adhesive works best).

A player or coach should soft-toss the wiffle balls to the hitter from about 8 to 10 feet away. The soft-tosser should be kneeling down and positioned well behind the hitter's back foot.

The key to hitting the smaller ball using the thin "bat" is to track it carefully into the contact zone.

Train your girls to avoid overswinging. Focus on making solid contact with a smooth, controlled swing path.

The tosser should remember to toss the ball so that it drops down waist high opposite the hitter's front foot.

