

SLAP HITTING DRILL

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

Here is a drill that teaches slappers how deep in the zone they should make contact with the ball.

In case you're in need of more help with slapping, check out Darren Mueller's stuff: <http://www.softballspot.com/sp/slaphitting.html> He's the "big cheese" in the world of slap coaching. This is one of his drills.

Catching the Ball From a Front Toss

This drill is done in pairs, one person is the slapper, the other is the pitcher.

The slapper stands in the left side of the batter's box in the normal stance with a FIELDING GLOVE on the left hand (no bats are used). The pitcher stands about 15 feet away with a bucket of balls. The pitcher signals (with a head nod) to the slapper to take the initial jab step and then tosses the ball in a flat trajectory over the plate at waist level.

The slapper attempts to catch the ball off the back hip while the slapper's weight is on the left foot. After making the catch, the slapper should "run through" and take a few steps toward first base. The Slapper gets 10 attempts and then the partners switch positions.

For those players just learning to slap, this will help them get their footwork down. More experienced slappers will develop a better sense of their ideal contact point in the zone.