

# Off Center Batting Practice

**Purpose:** The purpose of this drill is to work on staying inside the ball and hitting to the opposite field. It can also adapted to work on pulling the inside pitch.

**Set Up:** This drill can be used in front toss or live batting practice. Instead of the pitcher throwing from the pitching rubber, we move the pitcher 10ft. to either the 1<sup>st</sup> base side to work on staying inside the ball and going opposite field (Right handed hitter) or 10ft. to the 3<sup>rd</sup> base side to work on pulling the inside pitch. The position of the pitcher would be opposite for a left handed hitter. *Coaching point: Make sure the hitter is staying parallel to the plate and not cheating the drill.*

