

Three Plate Drill

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Equipment – 3 throw-down home plates, two pitching machines, machine balls.

Drill Set-up: Put both pitching machines up side by side with approximately the same speed setting. Lay the home plates down with the back point of the plates 38", 41", and 44" from the pitching machines. Have one machine shooting on the inside corner of the plates and the other at the outside corner of the plates.

Drill: Hitter starts at plate furthest from machine - gets 2 inside pitches, 2 outside pitches, 2 inside pitches, 2 outside pitches. Hitter then moves up to the next plate and repeats the sequence. Hitter then moves up to closes plate and repeats the sequence. To finish the drill—the hitter moves back to plate furthest from home plate and gets 2 inside pitches and 2 outside pitches.

This drill is great on many levels as it forces the hitter to continually adjust to inside and outside pitches but also adjusts their timing every 8 pitches by moving closer or further away from the pitch.

Drill Variations:

- 1) Make the outside machine slower (simulate an offspeed pitch) and keep inside pitch fast.
- 2) Have each hitter bunt once (or execute some other aspect of their short game) at each plate before hitting.
- 3) Don't pitch in a straight 2 in/2 out pattern—allow machine feeder to pick inside/outside at random.