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## ***HITTING DRILLS*** ***in the cage***

1. **SIDE TOSS** timing
2. **SIDE TOSS one hand w/short bat** bottom hand, stay inside
3. **SIDE TOSS two hands w/short bat** short swing
4. **SIDE TOSS using the whole cage** using lower half, "back spin"
5. **OPPOSITE FIELD SIDE TOSS** stay back, go the other way
6. **FENCE DRILL dry swing** sweeper, vs. long swing
7. **SOFT TOSS from behind** vs. long swing, learn to stay back + timing
8. **TWO BALLS** focus on the ball
9. **TOWEL DRILL** towel under armpit, vs. uppercut swing
10. **WALK-UP TEE DRILL** good for timing and stay back
11. **CHAIR DRILL** vs. uppercut
12. **TWO TEES** hit the first tee, w/out hitting the 2<sup>nd</sup> one – vs. long swing
13. **SHORT TOSS in front** also good for LH hitter vs. LHP
14. **FRONT TOSS in front**