

BASEBALL/SOFTBALL DRILLS

By removing some visual stimuli the brain learns to work faster.

When the brain works faster it allows you you move sooner (better reaction time).

A smaller 'visual bandwidth' makes the brain learn to ignore irrelevant info (better focus).

Challenge the brain and it will learn to adapt and succeed.

Strobe Training Glasses make the brain more efficient and process info faster.

Switch mode from 'dual lenses blinking' to 'single lens blinking' to increase difficulty.



Tee Drills



This is one of the easiest and most important baseball training drills.

Start hitting balls without the Strobe Training Glasses. After you make a few solid swings turn on the glasses to Level 10 and take 3-5 swings. The higher levels of occlusion makes you 'feel' your swing.

Increase the Levels as you continue to perform successful swings.

The brain learns to process less info and still move your body in a correct position to perform.

Continue to increase Levels as you are successful. **(If you struggle, decrease Level until you are successful.)** Finish by taking a number of swings without the Strobe Training Glasses.

TRY PUTTING GLASSES ON 'SINGLE EYE' MODE **(either left or right)**.
GREAT EXERCISE TO KEEP THE HEAD STILL AND KEEP FROM PULLING OFF OF THE BALL.

You may be surprised at how high a Level you will be able to perform.
(I've had some athletes perform Tee Drills at the highest levels.)

Baseball/Softball Drills

Switch mode from 'dual lenses blinking' to 'single lens blinking' to increase difficulty.



Side Toss

Both of these drills are great pre-game drills and can help 'fire up the brain' and prepare it to identify the baseball and react faster.

Side Toss: Make sure you have a net or screen to hit into. Your partner kneels off to your side and tosses the ball into your hitting zone.

Front Toss: Have your partner set up 10-15 feet in front of you behind a protective screen. Have them toss the ball underhand into the hitting zone. (Increase speed of toss to make more difficult.)

Start at Level 10. Make some successful swings and then increase to the next Level. Take 3-5 successful swings and Level up again. If it becomes too difficult, Level down. (You want to challenge the brain but still want to be successful.)

TRY PUTTING GLASSES ON 'SINGLE EYE' MODE (either left or right).
GREAT EXERCISE TO KEEP THE HEAD STILL AND KEEP FROM
PULLING OFF OF THE BALL.

Finish by taking some swings without the Strobe Training Glasses. You are now ready to RAKE!

(Challenge yourself. Your brain has a great capacity to learn!)



Front Toss

Baseball/Softball Drills

CAUTION: These drills should be done at low Levels to ensure catchers safety. Perform in full gear.



Every catcher has a '**blind spot**' where a pitch is more difficult for them to receive. (Use a machine to create more safety.)
'Single Eye Mode' helps to strengthen weaker eye.

There are 2 modes to use when performing this drill.

One - 'Dual Lens Blinking' mode at the lowest Level 10.

Two - 'Single Eye Mode' at Level 10.

Perform this drill isolating each eye to create visual balance.

Start by receiving Fastballs via a pitching machine.

Great for **Blocking Drills** with the glasses.

Pitch Tracking



Have a coach kneel about 15-20 feet in front with 5-6 baseballs. **NO GLOVE NEEDED.**

The kneeling coach proceeds to rapidly flip the baseballs at different parts of an imaginary strike zone.

The catcher receiving the tosses tries to catch every ball with soft hands and to frame the pitch. Great with heavy balls.

Drop the ball and be ready for the next toss.

(Try the drill in both 'Dual Lens and Single Eye' modes.)

Start slow and increase in speed once you get comfortable.

No Glove - Soft Hands

Baseball/Softball Drills



Knee Fielding Drill

Have fielding start on his knees with glove out front and forward lean. (This should be the same fielding position as if the athlete were on his feet.)

The coach is also on his knees about 6-7 feet away. Coach then tosses 10 underhand short hops to each of 3 positions. (Center, Glove Side, and Backhand Side)

The fielder catches the ball in front, moves the glove through the ball, and into the palm (not pocket) of the glove.

Keep the eyes, ball, and arm all aligned through each toss.



Pick-up Drill

The Pick-up Drill is done barehanded.

The fielder starts in a ready to field position (butt down, hands in front). The coach is 12-15 feet away with 2 baseballs.

The coach begins by rolling one ball about 4-6 feet to one side of the fielder. The fielder moves to field the ball in the center of his body and flips the ball back to the coach.

While the fielder is tossing back the ball the coach rolls a ball to the opposite side of the fielder making him move in the other direction to field the ball.

Move on to fielding WITH a glove from a fungo. Start slow.

Baseball/Softball Drills



Drop Step Drill



The **Drop Step Drill** is to enhance infielders and outfielders ability to get a good jump on tracking down deep fly balls by teaching a quick first step.

Have the fielder take a position in the outfield, coach stands approximately 20 feet in front of outfielder in direct line with home plate.

Once the outfielder is in a good ready position, the coach points diagonally to the left or right of the outfielder. **(This point simulates which direction the ball has been hit.)**

Once the outfielder recognizes which direction they will be going, they take a step back with left or right foot on the side the coach is pointing and takes off sprinting in that direction.

As they **drop their foot back**, they should be **rotating their hips**, opening up, but still **keeping their eyes on the ball**. Next they'll complete the turn, **bringing their front foot up and over their back**, and beginning their **sprint backwards**, all while keeping their head on a swivel, **never taking their eyes off the ball**.

Coach then throws a deep ball and the outfielder tracks it down and makes the catch.

For developing players, use tennis balls or softies instead of baseballs.

Baseball/Softball Drills



Towel Drill

The purpose is to improve balance and to extend towards the target to release baseball as close to home plate as possible.

After wind-up and striding towards the catcher notice where the front leg lands. **Measure 5 foot lengths further out from the landing position.** Place the back side of a chair, a bucket, or have a partner hold their glove. This creates a target.

Hold a small towel. Execute the wind-up with focus on proper mechanics. When the front leg hits the ground and continue forward and extend towards the target. Snap the towel down in a throwing motion into the target area.



Balance Drill

No baseball is used in this drill. This can be practiced on a daily basis, regardless of when you are pitching.

Many professional pitchers perform this drill 25 times.
(It can be done up to 4-5 times a week prior to throwing.)

Take a controlled, small step back keeping the weight of the upper body over the pivot leg . Turn your hips to the catcher and lift your lead leg from the knee into the balance position. **(Lift, do not swing the lead leg into the balance position.)**

Pause in the balance position for five seconds or more and repeat.