

THE DIAMOND TOOLBOX

3 Hitting Drills

A small sample from the Diamond Toolbox hitting library.

Three High-Value Hitting Drills

Drill	Setup	Goal	Coaching Cue
Tee Line Drive	Tee at middle-away lane; hitter works 8–10 balls	Barrel control and line-drive contact.	Move the barrel through the zone; don't chase the ball.
Front-Toss Direction	Coach tosses from short distance; alternates middle, pull side and opposite field.	Control the pull side and opposite field swings.	Keep the approach consistent; use the field.
Two-Strike Battle	Hitter gets a count and must compete to a first ball target.	Barrel control and adjustability.	Shorten the decision, not the intent.

Quick Hitting Check

■ Athletic starting posture and balanced load.
■ Head stays quiet enough to track the ball.
■ Lower half starts the move; hands stay connected.
■ Finish balanced and be able to explain the intended approach.

Progression

Start with controlled repetitions, then add decision-making. The goal is not simply more swings—it is better quality decisions and contact.

Want more? The full Diamond Toolbox includes expanded coaching tools, complete libraries, practice resources, and game-planning guides.