

Odd Ball Drill**Sarah Headley, head coach, SUNY Oneonta**

Fill a bucket with random balls (softball Wiffles, baseball Wiffles, golf ball Wiffles, tennis balls, ball pit balls, etc.) and throw front toss with them. Each ball will travel at a different speed and give the hitter a different look.

To mix it up more, have your players bunt certain balls. My players found it helped with their timing.