

Zip Ball™™ Drill Contest Winner

Drill Name: Pop and Hit

Skill: Hitting

Drill Purpose: The Pop and hit drill is an extension of that bat tap drill. I have my girls use their bottom hand (depending on LH or RH hitter) and tap the [Zip Ball™](#) on the end of the bat in the air three times about 5 feet above the bat, and on the third tap, perform a one handed full swing to hit the [Zip Ball™](#). This creates balance, and tracking of the ball, similar to a soft drop batting drill, however each athlete must track the ball up and down, and swing through a drop ball. Think of the Tiger Woods commercial tapping the golf ball on his club face, then swinging away. It's harder than it sounds!

Setup: This drill can be used as a single hitting drill at a separate hitting station, and into a net or backstop. You can have multiple hitters, or single batters. I make a game out of it by whoever can hit the [Zip Ball™](#) into the net after three taps the most times in a row wins extra hitting rounds in the cage. After three tries and misses, you're out! The girls want to do this drill every day

How the Drill Works:

Have several [Zip Balls™](#) in a pile in front of a hitting net, or backstop. Give each player three tries to tap the [Zip Ball™](#) upward, first with her lower hand on the bat On the third tap, swing through the ball and in to the net. Then switching to her upper hand, give her three more tries. You can make many different competitions that the make players keep coming back for more, all the while learning to focus and track the small ball on to the bat, and in the net!

Coaching Point: To make the drill even more challenging, set up your entire field, and make the defense field the [Zip Ball™](#), and make a play on the runner. Rotate your fielders so they all have a chance to hit. The player that gets the farthest hit, gets the gold star for the day!

Dan Proffer
Coach
Grand Blanc 14U Youth Softball
Grand Blanc, MI