

# Push Bunt

**Skill Set:** Bunting

**Difficulty Level:** Hard

**Number of Athletes and Coaches:** 1-4 athletes and 1 coach, or 3-4 athletes as a group

**Average Time to Complete:** 10 minutes

**Equipment Required:** Throw down base, at least 5 baseballs, helmet, bat

**Goal: Bunt the ball hard on the ground between the pitcher and first baseman**

## Description of the Drill:

- Throw down plate set up with fence as backstop
- Bunter sets up even with the plate, standing
- One group member/coach stands 15 feet in front of bunter and tosses ball underhand at a slow to medium speed down the middle of the plate
- Other group member(s) gather the balls as they are bunted
- Bunter squares to bunt as tosser is releasing the ball
- Bunter focuses on keeping the bat at the top of the strike zone (chest level) with the barrel slightly higher than the hands, and pushing the ball on the ground between the pitcher and 1<sup>st</sup> baseman
- Top hand should be slid to the bottom of the barrel and the bottom hand should be at the bottom of the grip
- Partners switch after 5 bunts

## Add Difficulty:

- To add a degree of difficulty, the tosser can toss the ball inside, outside, low, and high
- The bunter should always bunt the ball on the ground, not popping it up.

## Layout of Drill:

