



# **TOSS™ MACHINE**

## **DRILL BOOK**



### **The JUGS Toss™ Machine is designed to:**

1. Increase the number of hitting opportunities each player has during practice.
2. Serve as a warm-up prior to taking live batting practice.
3. Develop hand-eye coordination and a quick bat.
4. Teach correct hitting fundamentals.
5. Work on and correct certain hitting faults.
6. Allow players to practice by themselves.
7. Be used in limited space.
8. Act as a valuable aid to teach hitting and certain team fundamentals.

# Toss Drills were compiled by legendary baseball coach Jack Dunn.

A baseball legend, Jack Dunn is retired from coaching after his 20th season as head coach at Portland State University and his 39th year of coaching baseball. He never had a losing season at PSU, compiling 630 wins. His lengthy career also included 19 years at Portland high schools Cleveland (14 years) and Wilson (5 years).



In the Division I PAC-10 North Conference, Portland State won the title in 1984, advanced to the championship game of the league's post-season tournament in 1986 and 1990.

The Vikings also won the NorPac in 1977 and traveled to Tempe, Arizona for the NCAA Regionals. In 1984 and 1986, Dunn's teams won 39 games, the state's collegiate record.

Since 1975, 35 Portland State players have signed professional baseball contracts. Most notable of Dunn's graduates to play major league baseball were pitchers Jeff Lahti, Eric Gunderson, and the late Steve Olin. Two-time National League MVP Dale Murphy and Chicago Cubs manager Tom Trebelhorn who played for Dunn when he coached Portland high schools Wilson and Cleveland.

Prior to succeeding Roy Love at PSU in 1975, Jack's Wilson High School team won three straight league titles. His American Legion team, Watco Electric, was so successful that he earned the Slat Gill Award as *Oregon's Coach of the Year* for all sports in 1973 when Watco finished third at the American Legion World Series. In 18 years under Dunn, Watco won 14 division titles and three state championships.

The "Mentor" has also been published in numerous coaching magazines and in 1998 received *The Oregonian's Distinguished Sports Career Award*.

# REGULAR TOSS DRILL



**PURPOSE:** To help hitters become aware of the proper mechanics of the swing... Allows hitters to work on individual parts of their swing. Serves as a warm-up prior to live batting practice.



## **PROCEDURE:**

1. Hitter assumes normal batting stance.
2. Hitter attempts to drive the ball into the net on a line using proper mechanics
3. JUGS Toss Machine is set so that balls will be tossed over the front edge of the plate so that contact is made in the “power zone.”
4. Balls should be hit into the center of the screen.

## KNEELING SOFT-TOSS DRILL



**PURPOSE:** To prevent the hitter from upper-cutting by forcing hitter to **hit down on the ball**. Good for hitters who drag bat through strike zone. The emphasis is on hand quickness and hitting down on ball. Good drill to combat head pulling.



### **PROCEDURE:**

1. Hitter "kneels on their back leg with front leg extended.
2. Hitter "tries to drive the ball into the net on a **line drive**.
3. **Bat will hit the ground if they uppercut.**



# HEAD-CONTROL DRILL



**PURPOSE:** To teach the hitter to keep head **down and still**, in order to combat head pulling.



## **PROCEDURE:**

1. Hitter "places a fielder's glove on head... *pocket down*.
2. Hitter assumes normal batting stance and drives ball into net.
3. Hitter concentrates on keeping head **down** and **still**...glove will fall off if head is pulled or jerked.

## GLOVE-UNDER-FRONT ARM DRILL



**PURPOSE:** To keep front arm close to the body and elbow pointing toward the ground thus preventing uppercutting and allowing club head to come through quickly and correctly.

### PROCEDURE:



1. Place hitter's glove, a towel, or a cap underneath front arm.
2. Hitter swings as usual...**If swing is done correctly the glove will not drop to the ground...** A quick compact swing will result.

## SPACED-HANDS DRILL



**PURPOSE:** To give the hitter better bat control and to allow hitter to feel how each hand functions when swinging correctly.

### PROCEDURE:

1. Hitter assumes normal stance.
2. Hitter grips bat with both hands but hands are spaced about 3 inches.  
(a la Ty Cobb)
3. Emphasize driving the top hand over and back handing with bottom hand.



# BALANCE-POSITION DRILL



**PURPOSE:** To learn weight control, prevent lunging and learning to step to hit, not to step and then hit.

## PROCEDURE:



1. Hitter assumes position similar to pitcher's balance position.
2. Weight is **entirely on back leg** with front leg off the ground or toe resting lightly on the ground.
3. Hitter waits as **long as possible** and gets the ball with the bat.
4. If the hitter goes after the ball prematurely it will be virtually impossible to make solid contact.

# FRONT-FOOT DRILL



**PURPOSE:** Correct upper cutting and emphasize hitting down on the ball.

## PROCEDURE:



1. Hitter stands with all their weight on the front foot.
2. **Back foot is off the ground.**
3. Hitter must hit down on ball from this stance with bat.



# ONE-HANDED TOP-HAND DRILL



**PURPOSE:** To teach hitter the proper action of the top hand and how it brings the club head of the bat through the strike zone.



## **PROCEDURE:**

1. Hitter "assumes normal stance.
2. Hitter "grips bat with top hand only, similar to a tennis grip.
3. Hitter drives ball into net.
4. Emphasize "a quick downward stroke.

# ONE-HANDED BOTTOM-HAND DRILL



**PURPOSE:** To teach the proper action of the bottom hand.

## PROCEDURE:



1. Hitter "assumes normal stance.
2. Hitter "grips bat only with bottom hand.
3. Hitter swings at ball using only the bottom hand to grip the bat.
4. Emphasis should be on the **lead elbow pointing toward the ground** and not flying open in the air.
5. Quick downward stroke and backhanding action.
6. Emphasize throwing the "pinky finger" at the pitcher's feet. This helps create proper hand action.

# THROWING-THE-CLUB-HEAD DRILL



**PURPOSE:** To teach the hitter to throw the club head of the bat through the strike-zone, thus developing a quick compact swing.



## PROCEDURE:

1. Hitter assumes a normal batting stance.
2. Hitter "grips bat with bottom hand in normal manner.
- 3 Hitter places top hand **open and flat** against the bat and throws the "club head" at the ball.
4. Lead arm elbow should be pointing **toward the ground** and bottom hand should be backhanding to assure proper swing.

# CROSS-HANDED DRILL



**PURPOSE:** To teach hitter the concept of rapidly throwing the club head of the bat through the strike-zone.



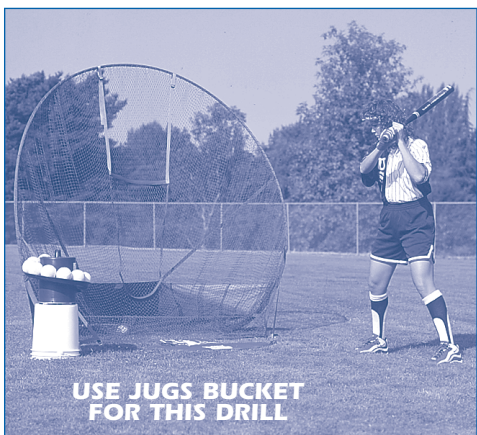
## PROCEDURE:

1. Hitter assumes normal stance.
2. Hitter grips bat **cross-handed**, that is, the bottom hand is on top and the other hand is on the bottom.
3. Hitter drives ball into net.

# TOMMY HAWK DRILL



**PURPOSE:** To teach the hitter to hit down on the high pitch.



## **PROCEDURE:**

1. Hitter assumes normal stance.
2. Toss ball at top of the strike zone.
3. Hitter should hit ball with a **downward swing**...Similar to that used by a tennis player.
4. **Hands should be below the ball when swinging.**



# OPPOSITE FIELD DRILL



**PURPOSE:** To teach hitter proper point of contact and proper hand action when hitting to the opposite field.

## **PROCEDURE:**

1. Hitter assumes normal stance.
2. JUGS Toss Machine delivers ball toward hitters front hip.
3. Hitter hits inside part of ball.
4. Ball must pass hitter's hands, to be hit to the opposite field...If the club head is in front of hands the ball will be pulled or missed completely.



## LOAD & EXPLODE DRILL



**PURPOSE:** To teach hitter to be back and ready (load) to hit and explode into the pitch with a quick compact swing and proper weight transfer.

### PROCEDURE:

1. Hitter has a six second interval between pitches so they must be ready for the next delivery.
2. Hitter assumes normal stance.
3. Hitter must get hands into the launching position and cock hips prior to ball being delivered (**load** phase of drill).
4. Hitter is then ready to “**explode**” into the ball driving it into the center of the net.
5. Rhythm is – One: **LOAD**  
– Two: **EXPLODE!**

## BACKDOOR HITTING DRILL



**PURPOSE:** To teach the hitter to hit the breaking ball (curve) to the opposite field; to keep head down to track the ball. Eye contact with the ball should be stressed. Also a good hit and run drill.



### PROCEDURE:

1. Hitter assumes normal stance.
2. Set "JUGS Toss Machine" directly behind catcher's normal position.
3. JUGS Toss Machine delivers ball over home plate.
4. Hitter drives ball into opposite field and into net.

## SHORT TOSS DRILL



**USE ONLY JUGS LITE FLITE OR  
JUGS POLY BALLS FOR THIS DRILL**

**CURVEBALLS:** Have the hitter facing the JUGS Toss Machine approximately 10–12 feet away. The ball will start high but with the top spin it will drop straight down into the hitting zone. Set up so that you are making contact on the outside part of the plate 3–5 inches in. **The goal of this drill is to drive the ball to the opposite field gap.**

**FASTBALLS:** Place an item approximately 1" thick under the back end of your JUGS Toss Machine (ie...a piece of board, small phonebook, etc.). Have the hitter facing the JUGS Toss Machine approximately 10–12 feet away. This is a great drill to work on hitting all pitch locations to the appropriate area of the field.

### NOTE

Feedback when hitting JUGS *Lite-Flite*® Balls and JUGS Poly Balls is instantaneous. Because they are lighter than standard balls, they accentuate spin direction. If not hit correctly, they will not travel very far. If hit correctly, the distance that the JUGS *Lite-Flite*® Balls and JUGS Poly Balls travel makes it obvious. If you hit underneath it, you will get backspin. If you hit on top of it, you will have topspin. If you take your hands too quick inside the ball, it will have inside out spin. If you go around the ball, it will spin outside in. When you hit it correctly, it comes off the bat as a knuckleball.

# JUGS TOSS INTRA-SQUAD GAME

**PURPOSE:** To rapidly play an Intra-Squad game, creating game situations and to get players thinking baseball or softball. Great early season drill.

## **PROCEDURE:**

1. Field two teams of seven players.
2. Pitchers are not necessary.
3. Catchers are optional.
4. Team A is at bat for 6, 7, or 9 innings.
5. Bases are cleared after every third out and a new inning begins for the team at bat.
6. Team B comes to bat after team A has completed all of its designated innings.
7. Each hitter gets one pitch per time at bat.
8. Foul balls, swing and misses, and taking the pitch (not swinging) are outs.
9. No Bunting! No Stealing Bases!  
**This is a hitting drill.**
10. Set the JUGS Toss Machine along 1B foul line. For right-handed hitters and 3B foul line for left-handed hitters.
11. Adjust the JUGS Toss Machine occasionally so that all balls are not pulled or hit to one particular area of the field.



The #1-selling ball-throwing  
machines in the world.



## DOUBLE PLAY DRILL

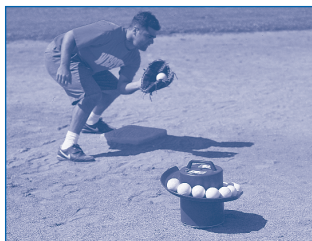


**PURPOSE:** To teach middle infielders how to make the double play pivots.

### PROCEDURE:

1. Place the JUGS Toss Machine in the baseline between second and third base. The distance from base will vary depending upon height of throw desired.
2. Start with ideal throw, belt to chest height and adjust from there.
3. 'Second' basemen line up at second base and receive feeds from the JUGS Toss Machine.
4. Second basemen execute their pivot and throw to 1B.
5. Adjust the JUGS Toss Machine to deliver the ball to different locations so second basemen can work on all their pivots.
6. Move the JUGS Toss Machine to area on first base side of second base.
7. Have shortstops cover second base and receive the JUGS Toss Machine feeds.
8. Shortstops execute their pivots and throw to first base.
9. Adjust the JUGS Toss Machine so that shortstops will receive feeds in different locations so that all pivots may be practiced.

## TAGGING DRILL



**PURPOSE:** To teach the infielder how to correctly apply the tag.

### PROCEDURE:

1. Place JUGS Toss Machine in front of second base in line with pitcher's mound.
2. Infielder receives ball and applies tag.
3. Coach instructs making appropriate suggestions as necessary.
4. JUGS Toss Machine may be used in a similar manner at all bases.

## SLOW ROLLER DRILL



**PURPOSE:** To teach infielders the proper mechanics for fielding slowly hit balls (excellent drill for third basemen).

### PROCEDURE:

1. Set JUGS Toss Machine on infield grass.
2. JUGS Toss Machine throws ball toward infielder.
3. Infielder fields ball and throws towards first base.
4. Coach makes appropriate corrections.

# CATCHER DRILL

• *Throwing to the bases* •

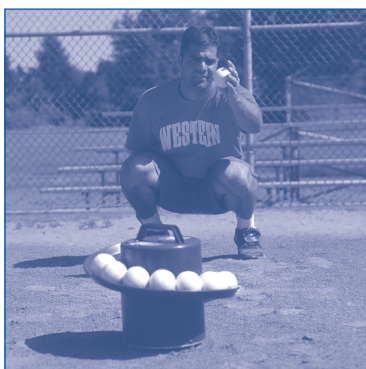
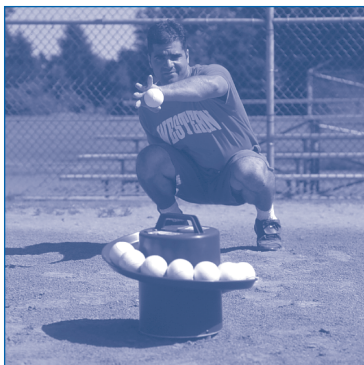


**PURPOSE:** To teach the catcher proper throwing mechanics and shifting techniques when a runner is stealing a base. Emphasis should be on correct footwork and a quick accurate throw.

## PROCEDURE:

1. Catcher sets up behind home plate.
2. JUGS Toss Machine is placed in front of home plate in fair territory and in direct line with the pitcher's mound.
3. Distance JUGS Toss Machine is placed in front of home plate will vary – closer for higher pitch farther away for lower pitch.
4. Catcher receives pitch from JUGS Toss Machine; executes correct fundamentals and throws to base.
5. Catcher's throw to second base can be timed – when ball touches catcher's glove, start the stopwatch – when the ball is caught at second base, the clock is stopped.
  - A good time for a regulation baseball field (127' 3.875") is 2.0 seconds or less.
  - A good time for a regulation softball field (84' 10") is 1.8 seconds or less.

## FRAMING DRILL



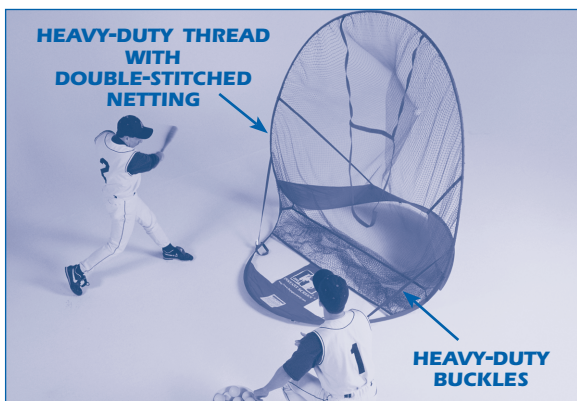
**PURPOSE:** To teach catchers how to properly frame pitches, thus increasing the number of pitches that will be called strikes.

### **PROCEDURE:**

1. Catcher assumes receiving position.
2. Drill should be done barehanded so that the coach can observe catcher's hand action.
3. JUGS Toss Machine is placed in front of home plate and adjusted for different heights and locations.
4. Hand action is always toward the strike zone.
5. High Pitch – hand action is down. Low Pitch – hand action is up. Inside Pitch – (R.H.) hand action is in toward strike zone – Outside Pitch hand action is “in” but ball has to be to back handed and thumb is down.



# Instant Screen®



JUGS now offers a huge screen that weighs less than 14 lbs. The amazing JUGS Instant Screen® pops open and closed in seconds and fits in the trunk of any car. There is **NO ASSEMBLY REQUIRED**, which make it perfect for traveling to all games or practices.

**ONE-YEAR GUARANTEE  
ON JUGS INSTANT SCREEN®**

## JUGS Toss™ Machine Drill Book

If you need more information about this product or any other JUGS product or service, please contact the manufacturer:



In the USA & Canada, call toll free: 1-800-547-6843  
For International Orders, call collect: 0-503-692-1635

Our fax number is 503-691-1100

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Se habla español.