**Sacrifice Form**

**Purpose:**
This drill helps players work on the mechanics and timing of a sacrifice bunt. It also allows a coach to evaluate the bunting mechanics of a number of players at one time.

**Equipment:**
Bat

**Setup:**
This drill is best done as a group drill.

**Execution:**
Have a group of 5 to 6 players spread out about 20 feet in front of you.

Each player will take their stance and get ready for the pitch.

Coach will simulate a stretch and deliver an imaginary pitch.

Each player will work on the proper timing of getting in position to bunt.

Things to look for:

* Does the player look balanced.
* Is there a chance that they are stepping close to where the plate would be.
* Is that bat at the proper angle and at the top of the strike zone.