



**EQUIPMENT NEEDED:**Baseballs, wiffle balls, batting tee's, home plates, cones, balance board, small bat, athletic tape

**LENGTH OF DRILLS:** Each segment should take 8-10 minutes (i.e. 1.0 = 8-10 minutes and 1.2 = 8-10 minutes)

**CORNER OF GYM:** Set up a home plate facing the corner of a gym with a protective screen and home plate in corner of gym. Players will hit towards corner of gym and players will wait "on deck" and not in the corner fielding.

**1.1 FORM HITTING – STANCE & SETUP**

Coach will have players line-up or get in circle and walk through stance, setup, distance from plate and grip.

**Coaching Points:** *Getting into a routine to create comfort, stance should help transition to load, distance from plate, balance, proper breathing, alignment*

**1.2 STRIDE & SEPARATE – CATCH, STRETCH & THROW (No bat)**

Have hitter get their feet set in an athletic position as if they were hitting. Then gently toss them a volleyball or basketball to the center of their chest. Hitter will then slowly load the ball to their back foot and proceed to shove the ball forward and throw it into a net.

**Coaching Points:** *don't throw the ball! Push/shove the ball more with the top hand. 50/50 balance to start, then 30/70 (more back) while teaching to "stretch" the distance between the front foot and the hands like a rubber band.*

**1.3 HAND / BAT PATH – "RIDE THE RAIL" FRONT TOSS (CORNER GYM)**

Use tape, jump rope or existing lines on the floor going in the direction of the pitcher to represent the hand path and use as a visual cue. **Coaching Points:** *Front foot strides toward pitcher and stays in-line and balanced, hands load back then down the line toward the pitcher and keeping the front shoulder "in" and not "spinning off."*

**1.4 TOP / BOTTOM HAND – TOP HAND**

ONE KNEE

Use a light weight tee ball bat and isolate each hand while hitting soft toss pitch down the middle. **Coaching Points:** (TOP HAND) hand loads and continues forward. Back elbow to "slot" after hands move forward in a punching motion with "palm up" careful not to allow the barrel/elbow to drop early.

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Other options include TOP HAND ISOLATION TOSS OR TOP HAND SLAP (NO BAT) – SEE VIDEOS

**1.5 CONTACT POINTS – THREE-POINT CONE TOSS**

Coach or Player assistant will call out contact point as they toss to a cone placed for the ideal inside, middle or outside contact point. Hitter to hit it where it's pitched.

**Coaching Points**

**1.6 EXTENSION / FINISH – DOUBLE TEE EXTENSION**

Set up two batting tees one in front of the other at the same height. Hitter will attempt to hit both balls off the tees with their bat. A player who comes off the ball (gets out of zone quickly) will

**Coaching Points:** *Concentration on driving through both balls and keeping hands working forward and through contact extension.*

**1.7 CAGE – FRONT SIDE FLIPS (1/2 Cage)**

Setup player assistant to do front-side flips (down the middle) to hitter.

**Coaching Points:** *Ensure hitter takes their time to get into a balanced and athletic stance, don't rush, stay slow and advise hitter and introduce the idea of getting loaded.*

**1.8 VIDEO – STANCE & SETUP (Regular Tee)**

Have hitter take just one swing and a Coach will need to video record on their phone or tablet.

**Coaching Points:** *Review the swing focusing primarily on stance/setup, and balance*



**2.1 FORM HITTING – STRIDE & SEPARATE**

Have hitters get into their stance and check Stance & Setup coaching points taught in 1<sup>st</sup> week. This week focus theme is Stride & Separate. A board is a great addition for both demonstration and drill work as balance will be a major focus when transitioning from stance to Stride & Separate. Promote getting the belly button back from center (transferring weight) and taking hands from arm-pit area more to the pinky toe while keeping them up at shoulder. At the same time limiting stride distance to no further than the distance from the tip of the finger to their thumb in a direct line toward the pitcher

**Coaching Points:** Common issues are hitters rushing their load, lack of balance or not enough load, too big of a load and hands dropping significantly, over striding (lunging), soft front leg (too much weight forward on stride)

**2.2 STRIDE & SEPARATE – FLAMINGO TEE (CORNER GYM)**

Setup tee for down the middle. Have hitter stand comfortably with bat on shoulder. Then have hitter lift front knee like a pitcher and hold this position when the knee gets parallel with the ground. Give the command to stride and pause (check coaching points), The hands should have loaded, and the hitter feel tightness of stretching front foot down and hands back.

**Coaching Points:** Relaxed start and bat on shoulder, 50/50 weight when front foot lands, weight to transfer once the back hips drives

**2.2.1 HAND / BAT PATH – ONE KNEE SOFT TOSS**

Hitter gets on their back knee and straightens their front leg. Make sure the both feet are square to the plate. Toss middle only.

**Coaching Points:** Maintaining good posture and not falling back, forward or to side will allow the hands to work to the ball. Keep weight on the inside of the back knee.

**2.4 TOP / BOTTOM HAND – BOTTOM HAND**

**ONE KNEE**

Use a light weight tee ball bat and isolate each hand while hitting soft toss pitch down the middle.

**Coaching Points:** (BOTTOM HAND) hand loads and make sure the knob leads with "palm down" to contact. Other options include BOTTOM HAND ISOLATION TOSS OR TOP HAND SLAP (NO BAT) – SEE VIDEOS

**2.5 CONTACT POINTS – INSIDE / OUTSIDE COMMAND**

Setup a regular tee for a pitch at the inside pitch contact point. A second tee will need to be placed in the ideal contact point for an outside pitch (deep). The hitter's objective is to hit the inside pitch to pull-side and drive the outside pitch to the opposite field. The coach or player assistant will give the command to load and then a second command to inside or outside.

**Coaching Points:** Taking hands to ball, not spinning off, staying "on" the pitch, extending

**2.6 EXTENSION / FINISH – THREE-POINT CONTACT (1/2 Cage)**

Hitter will get front tosses to inside, middle and outside points of contacts where three cones are setup to give a visual to the hitter to help with timing

**Coaching Points:** staying inside, extension, finish, balance

**2.7 CAGE – FRONT SIDE FLIPS (1/2 Cage)**

Setup player assistant to do front-side flips (down the middle) to hitter.

**Coaching Points:** Ensure hitter takes their time to get into a balanced and athletic stance, don't rush, stay slow and advise hitter to load their hands slow and early to ensure good separation

**2.8 VIDEO – STRIDE & SEPARATE (Regular Tee)**

Have hitter take just one swing and a Coach will need to video record on their phone or tablet.

**Coaching Points:** Review the swing focusing stride and separate aspect, balance, and weight transfer

**3.1 FORM HITTING – HAND / BAT PATH**

Briefly review stance & setup, stride & separate and begin this week's theme will be Hand / Bat Path. With "dropping the back shoulder" and "flying open" as a common issue you will want to introduce the terms and importance of getting the hands "out" by getting the knob working forward toward the pitcher with a bottom hand "palm down" and the top hand in a "palm up" position at contact. The next term they will need to hear is staying "inside" the ball as it will create a more consistent and powerful contact by "slotting" the elbow slightly after the hips rotate.

**Coaching Points:** *Getting hands "out," "staying inside," and "palm up-palm down"*

**3.2 STRIDE & SEPARATE - RHYTHM DRILL TEE**

Have hitter get in their normal stance and place a ball on a tee. Hitter will stride and separate (load) and pause, then stride and separate a second time, the third time they will stride and separate pause and then swing

**Coaching Points:** *Getting to feel of timing (kinetics), rhythm foot-down & hands back, balance*

**3.3 HAND / BAT PATH – LOW TEE (Behind) "Chair drill"**

Setup a regular tee for a pitch down the middle. A second tee will need to be placed behind the regular tee about one ball lower than the ball sitting on the forward tee. Hitter is to avoid drastically dropping backside and swinging up on the ball.

**Coaching Points:** *staying inside, eliminate uppercut*

**3.4 TOP / BOTTOM HAND - SLAP (No bat)**

Sit a ball on a tee and hitter simulates as if they are in stance and they will load and attack the ball with their bottom hand first and attempt to grab the ball. Then the top hand will then fire down and across the body and try to catch another ball that would have been placed on the same tee after the bottom hand finished.

**Coaching Points:** *(BOTTOM HAND) hand loads and make sure the pinky finger leads with "palm down" to catch. (TOP HAND) hand loads and continues forward. Back elbow to "slot" after the hand moves forward in a punching motion with "palm up" careful not to allow the elbow to drop early.*

**3.5 CONTACT POINTS – HEAVY BALL (1/2 Cage)**

Sit a slightly deflated volleyball or soccer ball on a tee. Hitter is to drive the ball in the direction the point of contact dictates (inside, middle, outside) based on where the tee is setting.

**Coaching Points:** *Hands load, direction of the ball based on point of contact, driving through, eyes*

**3.6 EXTENSION / FINISH – INSIDE OUT TEE**

Set up two batting tees one down the middle and a second several feet out in front or use a target on a net. Hitter will attempt to hit the ball on the tee down the middle slightly to the opposite/backside of the target ball by staying inside the ball.

**Coaching Points:** *staying inside the ball, extending through contact*

**3.7 CAGE - FRONT SIDE FLIPS (1/2 Cage)**

Setup player assistant to do front-side flips (down the middle) to hitter.

**Coaching Points:** *Ensure hitter takes their time to get into a balanced and athletic stance, don't rush, stay slow and advise hitter to load their hands slow and early to ensure good separation while driving the ball back up the middle by staying inside the ball*

**3.8 BUNTING - SACRIFICE**

Setup plate and baseline and front toss with wiffle balls.

**Coaching Points:** *Up in the box, bunt strikes, barrel above hands, use legs to go up or down*

**3.9 COMPETITION – POINT GAME**

Makeup a competition game to challenge each group. Could be bunting or line drive in a particular drill of your choice.

**Coaching Points:** *Have fun stick to the fundamentals*

**4.1 FORM HITTING – FINISH / FOLLOWTHROUGH**

The importance of driving through the ball makes the difference between a homerun and a routine flyball or hard-hit ground ball hit or a routine groundout. Really want to maintain the inside-the-ball approach while staying on plane and trying to point the barrel to the pitcher without allowing the hands to rollover in the hitting zone.

**Coaching Points:** *drive through, staying inside, grip, hold finish*

**4.2 STRIDE & SEPARATE - WALKTHROUGH TEE**

Hitter stands with bat on shoulder and out of the box and facing square toward the pitcher. They will then step with their back foot and square their back foot as the front foot lands. The hands load as the front foot hits the ground and transition into the swing to hit a ball off a tee setup down the middle.

**Coaching Points:** *balance, rhythm, timing, separation, body control*

**4.3 HAND / BAT PATH – HIGH TEE (Front)**

Setup a high tee down the middle. For advanced hitter move it to the inside pitch and high.

**Coaching Points:** *being direct to the ball, short and quick, don't drop hands*

**4.4 TOP / BOTTOM HAND - TOP & BOTTOM HAND ISOLATION KNEE**

Use a light weight tee ball bat and isolate each hand while kneeling and hitting soft toss pitch down the middle.

**Coaching Points:** *(TOP HAND) hand loads and continues forward. Back elbow to "slot" after hands move forward in a punching motion with "palm up" careful not to allow the barrel/elbow to drop early. (BOTTOM HAND) hand loads and make sure the knob leads with "palm down" to contact.*

**4.5 CONTACT POINTS – HEAVY BALL (1/2 Cage)**

Using a slightly deflated volleyball or soccer ball. A coach will soft-toss younger players and front-side flip the older players. Hitter is to drive the ball in the direction the point of contact dictates (inside, middle, outside).

**Coaching Points:** *Hands load, direction of the ball based on point of contact, driving through, eyes*

**4.6 EXTENSION / FINISH – LONG TEE (Corner of Gym)**

Set up a tee for a contact point of down-the-middle 30-45' from corner of gym and use whiffle balls. The objective is to hit the ball into the corner (straight ahead).

**Coaching Points:** *staying inside the ball, extending through contact, finishing with strong swing*

**4.7 CAGE - BACKSIDE FLIPS (1/2 Cage)**

Setup player assistant to do front-side flips (down the middle) to hitter. Focus on hitting backside.

**Coaching Points:** *Ensure hitter takes their time to get into a balanced and athletic stance, don't rush, stay slow and advise hitter to load their hands slow and early to ensure good separation while driving the ball back up the middle by staying inside the ball*

**4.8 COMPETITION – POINT GAME**

Makeup a competition game to challenge each group. Could be bunting or line drive in a particular drill of your choice.

**Coaching Points:** *Have fun stick to the fundamentals*