



Hitting Drills

- Find Correct Bat Size-Player should be able to hold bat out to side with one arm for 30 seconds to show that bat is not too heavy.
- Dry Swing-Any swing without ball or target to swing at. Batter gets in proper stance with head up as if looking to pitcher. Batter strides, and then swings hard to follow-through. Hold follow-through to check proper mechanics of swing.
- Dry Swing Against Fence or Net-Batter sets up one bat length from fence or net with chest towards fence or net. Batter swings and should be able to keep hands close to body so as not to hit the fence or net.
- Batting Tee-Use Tee to focus on mechanics since the target (the ball) does not move. Player can hit off of tee into open field for a tee ball scrimmage or into protective screen or net when working on repetition.
 - Set up tee in front of plate to teach hitting the pitch in the middle of the plate.
 - Move the tee in further out in front of the plate and over the inside corner to work on inside pitches.
 - For outside pitches move the tee back to the middle of the plate over the outside corner.
 - Lower to the bottom of the strike zone or raise tee to top of strike zone to teach hitting both the low and high pitches with outstretched arms.
 - Break-down Swing-Coach call out “Stride” (short step), then “Hands” (drive hands down and quarter turn on back foot), then “Hit” (swing through ball). Can add in a pump swing from the “Hands” position to the ball without making contact, repeat 5 times, then pull back and hit.
 - Two Tee hitting-Place one tee on plate and one tee in front of plate with ball on it. Player must swing down on ball so to not hit the back tee on the way to hit the ball off the front tee.
 - Hitting to Target-Set up tee, screen, cone, etc. at various distances from batter to measure how accurately the batter is hitting the ball.
- One-arm Swings-Focus on what each arm should do individually, while building arm strength. Bottom hand pulls knob of bat down towards front him and keeps the hands close to the body. The top hand throws the barrel of the bat towards the ball and keeps the bat head from dropping while extending to the ball.
 - Swing with one hand on bat and opposite (off hand) placed on opposite shoulder to keep shoulders level.
 - Takes swings off batting tee, soft-toss or front toss batting practice.

- Soft-toss-Coach (or experienced players) toss ball from a seated or kneeling position. Can hit into protective screen for repetition or on field for live batting practice.
 - Straight Toss-Toss from side to waist level in front of player.
 - Inside Toss-Toss the ball out in front batter for them to hit to pull field.
 - Outside Toss-Sit behind and to the side of batter and toss pitch with high arc that will land on outside corner. The high arc is used simulate how the batter must wait on the outside pitch.
 - Hand Signals after Toss-Coach flashes a number of fingers in the batters view of the ball after contact to insure that player keeps his head down on hitting zone through the swing.
 - Off-speed Pitch-Toss straight toss to simulate fastball. Toss next pitch with high arc that batter must wait on for the ball to drop to waist level to make contact. Mix-up pitches to teach players to react to different pitches.
 - Behind Toss-Toss from behind batter for him to work on reaction to pitch and quick hands. Player can either track ball from behind, or create a great challenge by not looking back and simply reacting to pitch.
 - High Toss-Player must chop ball into the ground to teach throwing the top hand over the ball.
 - Low Toss-Teach player to extend hands, not body, on low pitch. Result should be a low line-drive or hard ground ball.
 - Two ball tosses-Toss two balls and while ball is in air coach says “Top” or “Bottom” to instruct batter which ball to hit. Can also do this drill with different colored balls and call out the color ball for the player to hit. These drills teach the hitters hand eye coordination.

- Batting Cage Drills-Use cage to get repetition and work on mechanics. All swings should be made with a purpose. Any balls that hit the top of the cage will be pop-ups. Encourage batters to hit the ball on a line to the back of the cage. Thrower should pitch from behind a protective screen. Can pitch from 20-25 feet, opposed to full 45 feet distance to save pitches for coach and increase chance of throwing consistent strikes.
 - Pitch to various locations of plate: inside, outside, high or low. Coach can stick with one pitch or mix up locations, as the batters will see in a game.
 - Mix off-speed pitches to batter. Coach can simply vary the speed of the pitch, rather than trying to pitch pitches with movement.
 - Move-it-up Drill-Player starts at 45 feet from pitcher (or machine) and moves up to 40 ft, then 35, then 30, finally back to 45 feet. At closer distances the player must learn to stay quick with their swing. When moving back to the full distance, the player now must wait for pitch and extend hands to ball, rather than shifting body weight to ball.

- Fixing Mechanics-Various troubleshooting:
 - Stepping in Bucket (or away from plate with front foot)-Put a bat behind feet in stance to keep player's front foot in on stance and stride. (Can use the bat behind feet if player is in the habit of dropping back foot back during swing.)
 - Weight shifts forward on stride. Place bat in front of the batter at the position just past where the front foot will land on the stride. Practice just striding to bat, without anything else moving. Can do this drill in front of mirror to watch body movement.
 - Weight shifts during Swing-Place bat or line in dirt between the legs directly under the head. After the swing the head should still be over the bat. Can also do this drill outside on a sunny day by marking the players shadow on the ground. Break down swing to see where the head moves forwards.
 - Looping Swing-Break down swing to see where bat head drops. Using batting tee is best way to get rid of loop.
 - Pulling Head off Pitch-Freeze batter in follow through after contact and correct batter to have the head over back shoulder looking down at point of contact.
 - Pitch Recognition-If player has trouble hitting a pitch in a certain location or adjusting to the off-speed, start first with teaching how to hit that pitch by using the drills above off the tee, from soft toss or in the cage. Once player knows how to hit the pitch, and then have him hit live in cage with mix of pitches. Have player verbally call out what or where the pitch is once they recognize it. By verbalizing what he sees, the batter must first recognize the pitch before swinging.