



## Hitting Drills

We are strong believers that these drills are effective in helping our hitters succeed. These drills enable players to focus on the process (mechanics and feel) and not just the results. Every drill has a specific purpose (how to pull the inside pitch, how to maintain balance, etc.). Coaches need to explain the purpose and procedure for each of drills so players understand what they are trying to accomplish. Ultimately players should gain the ability to self-analyze and make adjustments/improvements. In addition to improving batspeed, balance, and other aspects of the swing, these are also great for increasing strength.

*These drills can be done from soft (underhand) toss, Front Toss, or Overhand Toss*

### Standard Hitting Drills

Drill	Purpose	Description
<b>Feet Wide</b>	Using hands; batspeed	Feet wide, no stride
<b>Step Drill</b>	For short, soft stride; balance	Tosser calls "step", delays – toss
<b>High Ball</b>	Hitting high pitch; tomahawk	Hitter on back knee. Tosser throws ball at cap height.
<b>Low Ball</b>	Hitting low pitch	Tosser throws ball below knee.
<b>Pull Drill</b>	Hitting inside pitch & pull ball	Hitter has back to pitcher; feet wide; no stride. Tosser throws ball to back pocket
<b>One-Handed: Top Hand</b>	Using top hand	Use short bat or choke up; hit with top hand; put bottom hand on belly button. Hitter: skip a rock
<b>One-Handed: Bottom Hand</b>	Using bottom hand	Use short bat or choke up; hit with bottom hand; put top hand on belly button. Hitter – throw frisbee
<b>Bat Parallel</b>	Using hands, rhythm, trigger	Start with bat parallel to ground; knob at belly button. As tosser brings hand back, hitter brings bat back
<b>Tap Drill</b>	Balance, rhythm	Hitter initiates drill by tapping plate with both hands on bat (knees bent); drags bat up to hit
<b>Slot Drill</b>	Using hands, bat path	Start in slot position

<b>On Back Toe</b>	Balance; prevent collapsing or severe uppercut	Hitter on back toe (tiptoe), weight on front leg
<b>Rapid Fire</b>	Using hands; batspeed	Short bat or choked up; tosser throws balls in rapid succession
<b>Feet Together</b>	For positive move with foot closed	Start with feet together; on toss make positive move forward, landing with front foot closed
<b>Glove Under Armpit</b>	Bat path; keeping back elbow close to ribs	Put glove under back armpit; hit – glove should stay until after contact
<b>Reverse Grip</b>	Using bottom hand	Reverse hands on bat; use bottom hand
<b>Velocity Toss</b>	Quickness; hitting high velocity	Tosser throws with great velocity
<b>Reverse Angle</b>	Hitting breaking ball; opposite field; staying closed; staying inside ball	Tosser is at opposite angle than normal (to 3b side for R hitter); tosses ball firm across plate to simulate breaking ball moving away
<b>Head Down</b>	Tracking	Keep head down after contact; see ball longer
<b>Happy Gilmore</b>	Rhythm; balance; loading up; trigger	Hitter steps aggressively R-L-R-L, swing
<b>Sosa Drill</b>	Loading up; trigger	Stance, then stride back toward rear foot (tap), load-trigger-stride-hit
<b>1-2-3-4</b>	Loading up; trigger; rhythm	1-rock back; 2-rock forward; 3-rock back (load-trigger-stride); 4-swing
<b>Bounce Drill</b>	Waiting; hitting offspeed pitches	Tosser bounces ball; hitter waits, swings
<b>Opposite Field</b>	Hitting to opposite field; staying closed; staying inside ball	Hitter's 10 toes point at pitcher, so ball hit straight to net simulates opposite field
<b>Left Field, Right Field</b>	Hitting inside/outside pitches; pull & opposite field	Tosser says "left field" or "right field" and tosses to inside half or outside half of plate
<b>Fast-Fast-Slow</b>	Adjusting to different speeds	Tosser mixes up tosses of various speeds
<b>5-5-5</b>	Progression to use hands, opp. field, then hit away	First 5 swings feet wide; next 5 opposite field; last 5 hit away
<b>Off Center Toss I</b>	Staying closed; hitting opposite field; hitting breaking ball	For R hitter: screen offset toward 3b side of mound; tosser throws balls across plate to outside corner
<b>Off Center Toss II</b>	Staying closed; pulling ball; hitting inside pitch; hitting breaking ball from opposite hand pitcher	For R hitter: screen offset to 1b side of mound; tosser throws balls to inside corner
<b>Reverse Angle Toss (Soft Toss)</b>	Breaking ball; opposite field	Tosser sets up for R where he would normally set up for L; tosses ball across plate; simulate breaking

		ball away
<b>Swing and Miss</b>	Batspeed; prevent "feeling" for ball	Swing very hard and miss; let yourself go; then swing same way but hit ball
<b>Follow Through Drill</b>	Follow through; finishing swing	Swing and turn around to look at spot directly behind hitter; keep hands going; throw club to sky
<b>Head Down Drill</b>	Tracking; seeing ball longer	Hit and keep head down at and after contact to see ball longer
<b>Hit and Hold – Extension</b>	Proper extension	Choke up, swing at slow speed. Stop bat at extension. Want palm up, palm down with both arms extended, end of bat points over pitcher's head.
<b>Videotape</b>	Feedback to player	Videotape player at any drill; use for instruction and feedback
<b>Sternum Trigger Drill</b>	Trigger; getting hands back	Start with bat even with sternum; bring hands back to launch position to hit

*The following drills are "Dry" Drills – no ball. Dry Drills are great for working on mechanics and feel.*

## Dry Drills

Drill	Purpose	Description
<b>Wall Drill</b>	Keeping hands inside ball; staying compact, direct to ball; prevent looping/casting	Hitter stands one bat length away from wall (net); with proper swing bat should not hit net
<b>Eyes Closed</b>	Balance; visualizing proper position	Hitter takes dry cuts with eyes closed
<b>Freeze Frame</b>	Understanding/visualizing critical hitting positions	Hitter freezes at stance-stride-contact-extension-follow through; maintain balance at each position
<b>Fingers 1, 2, 3</b>	Tracking; identifying pitches	Pitcher does dry delivery holding up 1, 2, or 3 fingers – hitter calls out number
<b>Bullpen Tracking</b>	Tracking; identifying pitches	Hitter stands in for bullpen pitcher; tracks and identifies each pitch and location
<b>Numbered Baseballs</b>	Tracking; vision	Use numbered baseballs; hitter calls out number
<b>Ball Throw</b>	Keeping back elbow close to ribs	Hold ball in launch position; throw ball keeping elbow close to rib; can throw LF, CF, RF
<b>2 Tees – same level</b>	Bat path; getting level at contact	Tees same height; hit back ball through front ball
<b>2 Tees – inside, outside</b>	Hitting inside & outside pitches	Set one tee for inside pitch, one for

		outside pitch; coach calls "stride" then "inside" or "outside"
<b>See and Rate</b>	Tracking; vision	Hitter verbally rates (1 to 5) how well he saw ball on each pitch
<b>Low Ball on Ground</b>	Hitting low ball	Put ball on ground; hit
<b>Identify fastball – curve/offspeed</b>	Tracking; identifying pitches	Pitcher feigns delivery with ball in fastball or curve release position – hitter calls out "fastball" or "curve"
<b>"Ball – Hit"</b>	Tracking; vision	Hitter says "ball" when sees ball; says "hit" when he would be hitting ball

## Specialty Drills

Drill	Purpose	Description
<b>Frisbee</b>	Proper use of bottom hand	In hitting stance, hold Frisbee in bottom hand. Throw, using hand (not shoulder)
<b>Dog Thrower</b>	Proper use of top hand	This requires the ball-thrower for dogs. In hitting stance, hold dog thrower, with tennis ball, in top hand. Throw ball as if hitting (think "skip a rock across a pond")
<b>Hit and Hold – Basketball</b>	Contact position; resistance	Bounce basketball to hitter; hit and hold contact position
<b>Zone Swings</b>	Zone awareness; hitting pitches in various locations	9 hitting zones: up and away, up middle, up in, middle away, middle middle, middle in, low away, low middle, low in. Hitter takes dry cuts, "hitting" ball in each of those zones.
<b>Stride Board</b>	Keeping front foot closed	This requires stride board/balance board device. Hitter puts front foot against stride board; swings with foot closed
<b>Balance Board</b>	Balance	This requires stride board/balance board device. Hitter stands on balance board to hit; then hits from flat ground – tries to get same feel
<b>Balance Beam</b>	Balance and Alignment	Place two bats/sticks/ropes two feet apart. Hitter stands between ropes and swings with proper alignment, staying between ropes during stance, stride, contact, follow through
<b>Belly Button</b>	Staying inside ball with compact swing	In hitting stance with belly button facing a net, at distance equal to length of bat (but knob on belly button and end on net to get proper

		distance). Swing bat while not hitting net
<b>Wiffle Golf Balls</b>	Tracking Ball	Can do any of these hitting drills with wiffle golf balls – great for small space or indoors as well as tracking smaller ball