

HITTING DRILL DESCRIPTION

STRIDE DRILLS

1. **Regular Stride Drill**- focus is to take regular stride and check toe, hand, and front knee placement; check weight shift
2. **Tap Drill**- first stride, then tap front toe 3-5 times to make sure weight is back, lift toe 4-5" off ground quickly
3. **Load-Stride Drill**- overexaggeration of the weight shift back; load the back side by lifting the front foot to the back knee; add a second part to the drill by taking the front foot to the back ankle

TRIGGER DRILLS

These drills can be used with a bat or interlocking the fingers. The bat works best as it gives the player a realistic feeling.

1. **Shoulder-to-Shoulder Drill**- start with hands next to front shoulder and move back to back shoulder
2. **Chin-to-Shoulder Drill**- start at chin and go back to back shoulder
3. **Back Ear-to-Shoulder Drill**- start at back ear and go to back shoulder

The drills 1-3 are important for the player to understand the hand movement and to not wrap the bat.

4. **Normal Trigger-Stride**- combine both the trigger and the stride to focus on timing mechanism
 - pay attention to make sure the player does not do the following:
 - drop hands, high back elbow, forcing hands away from body

VISUAL DRILLS (TRACKING)

1. **Tracking**- call out the location of the pitch → in, out, low, high, ball, strike
2. **Colored Balls**- call out the color of the ball after hitting the ball; can also be done by directing hitter to not hit certain colored balls
3. **Softies and Golf Whiffle Balls**- smaller than a regular baseball; reinforces concentration and mechanics

MECHANICS

1. **Mirror Drills**- one of the best ways to monitor proper mechanics and to see self swing and other mechanics for a proper swing; tape on mirror works great
2. **Broomsticks**- creates a long lever so the hitter can see and feel where the location of the barrel is during the swing; great drill for all ages and will help player place back elbow in hitting slot and to keep barrel above the hands
3. **Dry Swings**- using a regular bat, take normal swings; have partner simulate a pitcher for timing
4. **Pivot Rotation**- stresses the importance of hitting with the hips; use the term 'show the cleats to the catcher' not 'squish the bug'; done properly the drill will stress the weight shift forward and proper front foot (45 degrees) and back foot movement
5. **Two-Ball Toss**- holding baseballs in each hand, simulate a swing and the baseballs should go forward into the netting, if the balls separate then the elbows are too far apart or the top hand is wrapping

EXTENSION DRILLS

1. **Top Hand Over Drill**- turn the top hand over on the bat so the bat can extend further than normal; done by having back of the top hand face the pitcher
2. **Backside Soft Toss**- done at an angle behind the hitter; place the tosser 60 degrees behind the hitter's open side and toss the ball forward so the hitter will hit the ball and extend the hands forward through the ball; stresses the palm up/palm down mechanics

FOLLOW THROUGH DRILLS

1. **Double Tee**- using two tees lined up, the object is to hit the back ball on the back tee; the front tee holding a ball is used to reinforce the extension and follow through of the hitter; the hitter wants to try to hit both balls
2. **Basketball Soft Toss**- deflate a basketball and drive the ball into a target

HEAD POSITION DRILLS (CUES)

1. **Head goes Shoulder-to-Shoulder-** the head goes from front shoulder to back shoulder; cue is to find the plate after contact
2. **Keep head on contact spot after contact-** very disciplined drill, hitter must keep his head on the spot where contact was made and be able to tell where the location of the pitch was

WEIGHT SHIFT DRILLS

1. **Mirror Drill-** same as stated earlier, only main focus is on the weight shift
2. **Bounce Drill off Concrete-** set a concrete block in front of home plate and have a feeder bounce a ball off the block; hitter loads up as the feeder gets set to bounce the ball off the block; to simulate a curve ball, have hitter hit the ball on the way down

RESISTANCE DRILLS

1. **Lead Bats-** swing leads to simulate proper swing mechanics
2. **Bat Wraps/donuts-** end loads a bat and must be done with proper mechanics
3. **Bat Fan-** resistance is against the air

TEE DRILLS

1. **Long Cage Tee Drill-** use full length of cage or gym; great for self-monitoring; set up targets and hit to targets
2. **Tee Dot Drill-** set up dot so the hitter will hit the dot on the ball; teaches to keep hands inside the ball
3. **Two Tee Call Drill-** place a tee on the inside and outside of the plate; partner will call 'in' or 'out' and hitter will hit that pitch; timing is critical, call out the pitch when the hitter begins his load/stride
4. **Two Tee Stay Through Drill-** place a tee in front of the tee/ball being hit and the idea is to hit both balls on both tees
5. **Advanced Two Tee Drill-** place a tee with a ball on it 15-20 feet from hitting tee; idea is to hit the tee/ball with ball hit; great way to teach hitting to the opposite field
6. **Hitting Area Tee Drills-** set up a tee in a desired hitting area and emphasize hitting only one pitch
7. **Standard Two Tee Drill-** used to rid the hitter of an uppercut; gets backspin on the ball
8. **Striker II Fence Mount-** correct any mechanical flaw and for reps

SOFT (SIDE) TOSS DRILLS

1. **Long Cage Soft Toss-** regular soft toss, just hit all the way down the cage; hit at targets and use a side toss to simulate outside pitch; ball placement will coach hitter
2. **Backside Soft Toss-** feeder is 45 degrees to open side of hitter, feed the ball out front to stress proper extension; drill is used to make sure front shoulder stays closed
3. **Regular Soft Toss-** shagger is set up 45 degrees in front of the hitter; shagger will call out 'trigger' when he begins moving arm back for timing mechanism; ball must be tossed to front hip