

Top Hand Release Drill

- Take your normal swing-relax, load, swing
- Make sure hands are in the “palm up/palm down” position on contact
- After contact, follow through with bottom hand on bat, but release your top hand and point it towards the pitcher

Launch Drill

- Set up in batters box with tee at any contact point.
- Bring front leg to your back leg.
- Hands are at belly button with bat straight up.
- From here, you step out and bring bat to load position.
- Then bring bat and front foot back to original position
- Do this 4 times
- On the last time, swing and hit the ball off the tee.

Pre Cage Drill

1. 10 full swing with a heavy bat

2. 10 Full Swings with your bat

Repeat two more times (a total of 3 reps with each bat)

3. Hold bat against a post. Hold at point of contact and push (create resistance) for 3 seconds.

Do ten times with a 5 second rest between each time

Bam Bams

- You'll need a light dumbbell for this exercise.
- Position your bottom hand on the dumbbell as if you were in your batting stance.
- Leading with your elbow, throw your bottom hand across your chest. The dumbbell should follow a straight line from your back shoulder to the front side of your chest.
- Do at least three sets of 15 repetitions.

Balancing Act

- This drill focuses on balance.
- You'll need an elevated 2×4 that is as long as a batter's box.
- Using a tee or soft toss from a partner, hit a bucket of balls while standing on the 2×4.
- After each follow-through, jump and land on the 2x4 .
- A good swing is a balanced swing. Just be careful; don't fall off and hurt yourself!

Soccer Ball Tee Drill

- Place under inflated soccer ball on the over sized tee (i.e. the plunger)
- Hit normally
- Work on driving the ball
- Make sure you have a good, balanced follow through:
 - back foot (and back hip) facing the pitcher
 - front leg straight
 - front foot at a 90° angle to the pitcher
 - bat facing the backstop (away from the pitcher)

Inside Outside

Hitting an inside pitch:

Set the tee on the inside (in front of your front foot) and out in front of the plate. Get your hands into the strike zone and pull the ball to left field.

Hitting an outside pitch:

Move the tee to the outside corner of the plate and back- even with your back hip. Hit the ball to right field

Flamingo Drill

Standing on back leg,
front leg is up and bent.

Hands start at belly
button and go into load
position.

Step down with front leg
and swing,

Don't start your swing
until your front foot is
planted and your front
knee is locked

Top & Bottom Hand Drill

- With your right knee on the ground, hold the small bat with the one hand only
- Keep the bat in the strike zone for as long as possible- level swing
- Keep hands close to your body
- Don't let the head of the bat dip below your hands
- Use the bottom hand as if throwing a frisbee and your top hand as if skipping a rock
- Don't rotate your torso and don't completely follow through
- To keep your front shoulder in- you can take put your right hand on your left shoulder as you swing with your bottom hand

Bunting One Hand Partner Drill

- One person throws front soft toss, the other bunts the ball with her bare hand (top hand)
- Rotate around and tap the ball with your right hand as if catching the ball.
- Keep elbows bent
- Tap the ball down

Two Tee-Inside Outside

Set up two tees, one with an inside pitch (low in the strike zone and slightly ahead of your front foot) and one with an outside pitch (high in the strike zone even with your back foot)

Put a ball on both tees

Swing for the inside pitch without hitting the ball off the outside tee

Swing for the outside pitch without hitting the inside tee.

Head Light Drill

- Put headlight on
- Get in your hitting stance, with headlight shining on the ball
- Hit ball and make sure light stays on the ball until after contact

Walk Through

- Start in the normal hitting position, then take one step backwards.
- Take a step with the back foot behind the front foot, then plant the front foot and swing making sure the hitter is using all proper swing mechanics
- The key is to make sure the front foot gets planted (toe touch) providing a good foundation.

Long Tee

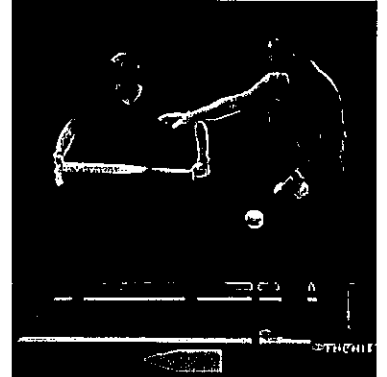
- Set tee up in cage or hitting into the back stop from about 30 feet away.
- The goal is to hit the ball with a slight upper cut swing so the ball hits the end of the screen or the back stop 2-3 feet above the level of the ball on the tee.
- You can set up a target. The closer to the target, the higher the score- Ball hits 2-3 feet above the level of the tee=5; ground ball or pop up=1, etc.

Two Tee- Two Ball

- Set two tees- one about 6 feet in front of the other.
- Put a ball on both tees with the front tee slightly higher than the back tee.
- Hit the ball of the back tee, and try to have the ball hit the ball off the front tee.

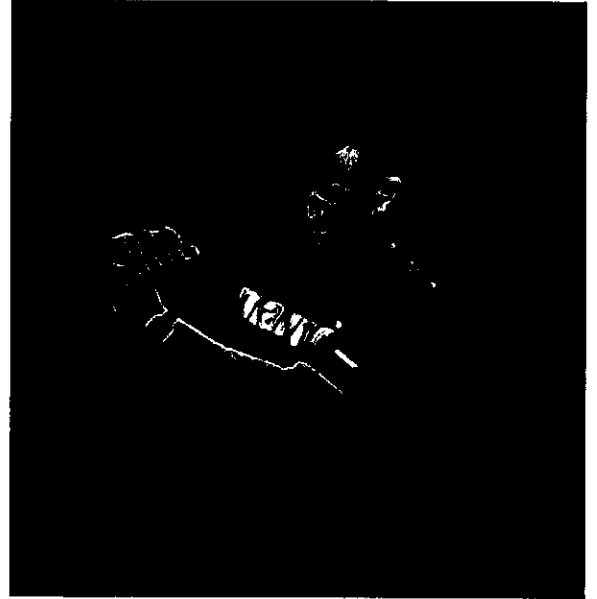
Rock the Baby Drill

- Get in your regular stance
- Hold the bat with your bottom hand as normal and your top hand touching the top of the bat
- Make an “L” with both elbows
- “Rock the Baby” with your shoulders going up and down
- Bat faces the pitcher & catcher throughout (don’t twist your shoulders). Maintain the “L”
- Do this 3 times, then put your top hand back on the bat and swing.



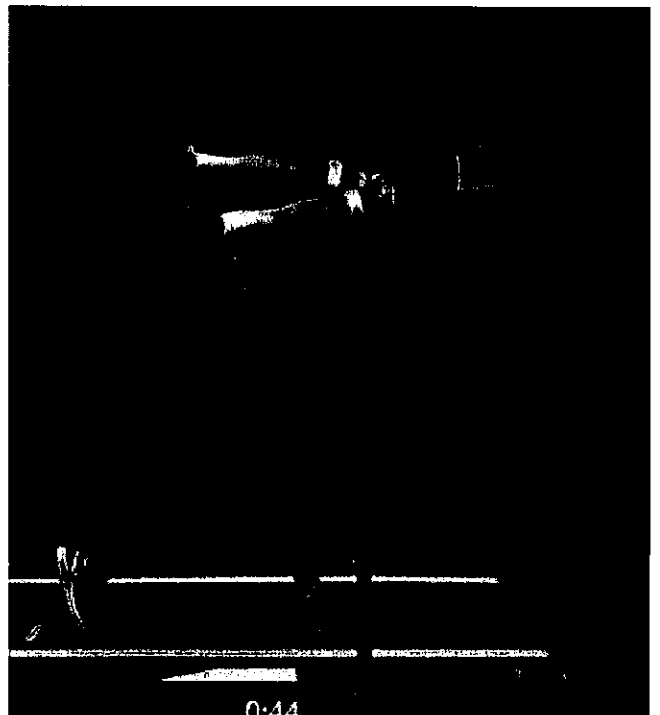
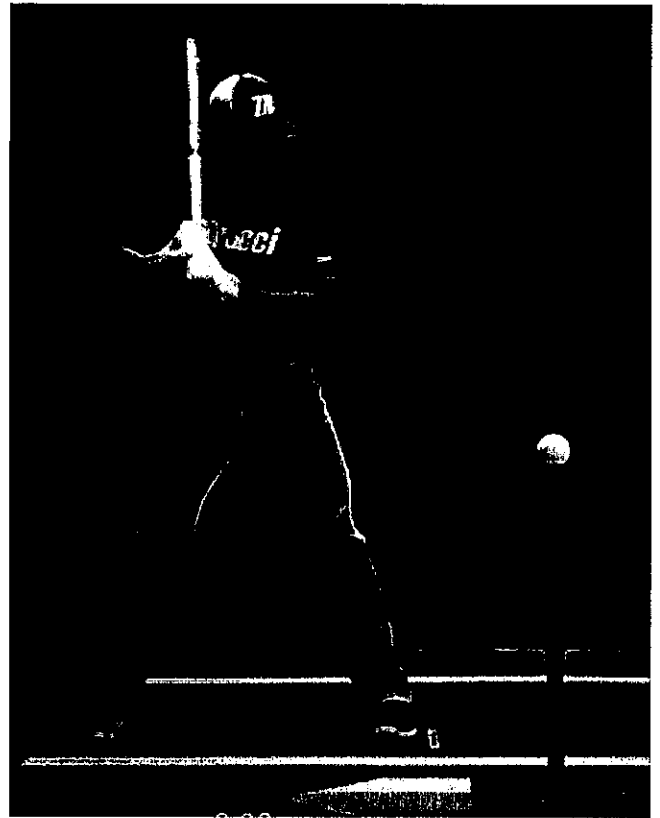
Ice Cream Scoop Drill

- Use a Chuck It Stick. Hold the stick like you would hold your bat with the scoop part facing down.
- Get in your stance
- Pretend there is a vat of ice cream behind you that you are scooping.
- Activate your shoulders and elbows (not wrists) like in Rock the Baby to get back into your load position



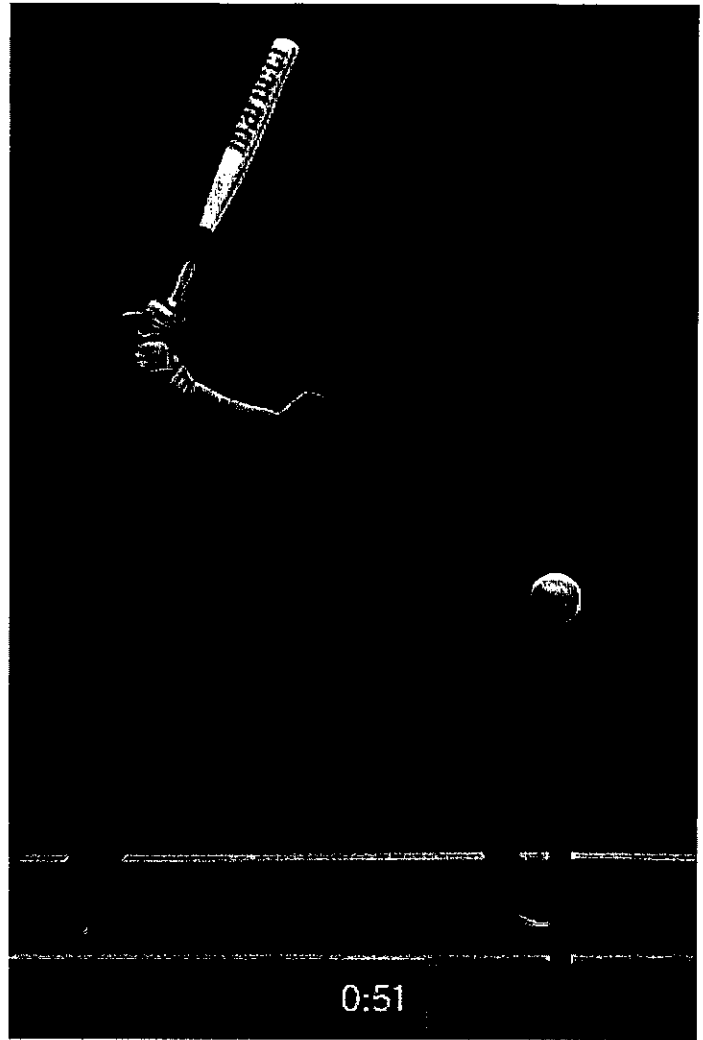
Paint Stick Drill

- Get in your stance with a paint stick in front of each foot
- Swing- focus on weight transfer with front foot over the front stick first and then back foot over the back stick



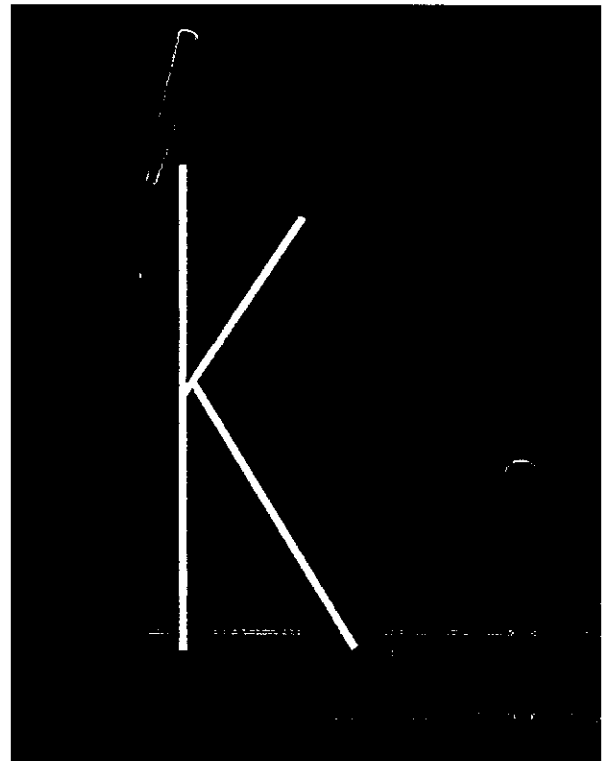
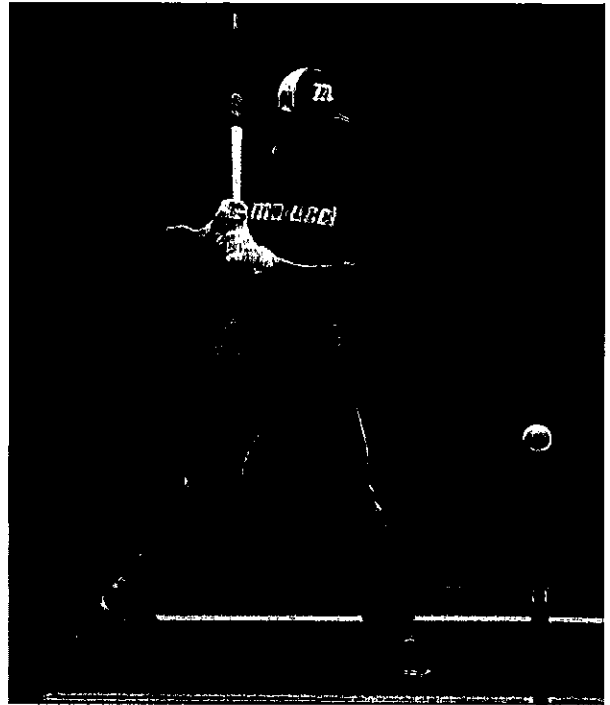
Hit Pause Drill

- Get in your stance
- Load and stride and then freeze - “hit pause”
- Make sure you are in a good “K” posture (not leaning backwards), with a stride the length of your bat, front foot open slightly, and weight evenly distributed
- Hold for a couple seconds, then swing



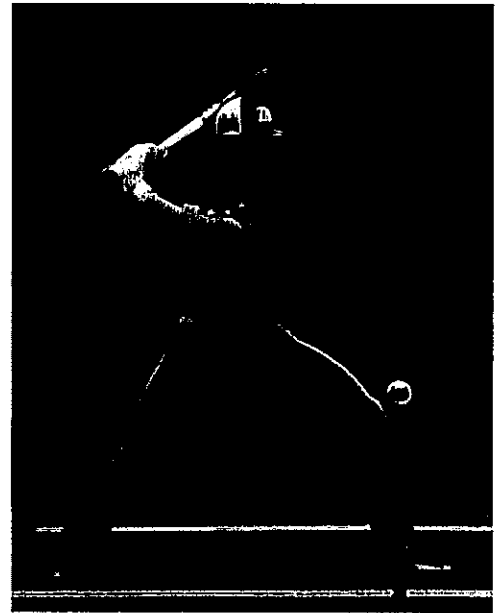
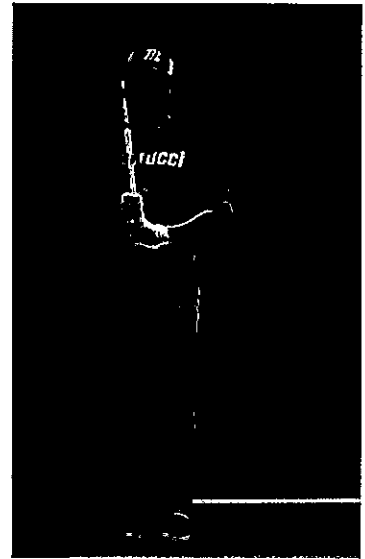
“K” Posture Drill

- Start in your stance with back foot on a slant board
- This promotes a good “K” posture- front shoulder lower than back shoulder
- Swing normally from this position
- As you get more comfortable with this, lower the slant board.



Stride and Separation Drill

- Start with your feet together and the knob of bat at your belly button
- From this position, stride and separate (i.e. shoulders square, hips beginning to rotate)
- Freeze in the stride position
- After doing this with the freeze 5 times, do it again and swing away.
- Feel the weight transfer, the stride and the separation (hips/shoulders)



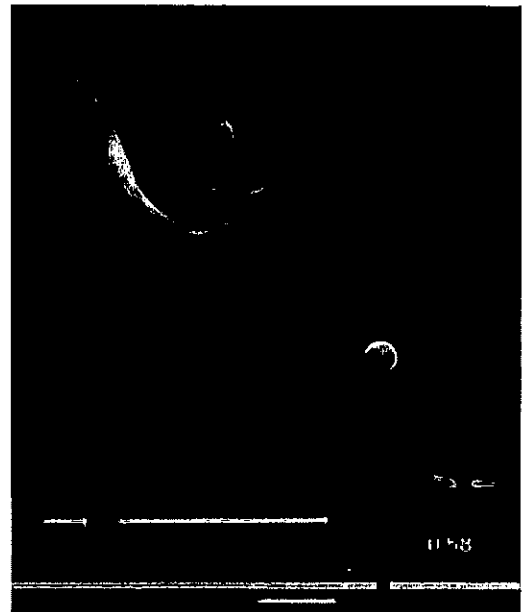
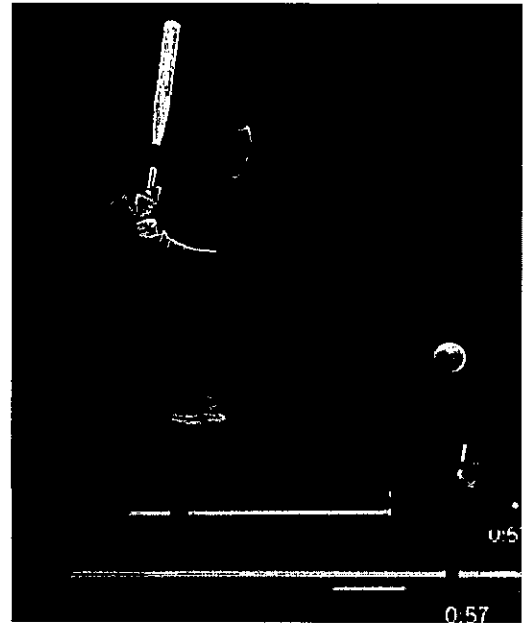
Stride Drill

- Get in your stance
- Hold the bat across your chest, parallel to the ground, making sure the knob of the bat is facing the pitcher
- Load and stride - focus on weight transfer and separation of hips & shoulders
- The knob of bat should continue to face the pitcher but your hips should start to open slightly.
- Your belt buckle should be facing first base but your shoulders still square to the pitcher



Knob to Knee Drill

- Start in your batting stance
- Lift your front knee back towards the knob of the bat (by your back hip)
- Make sure your knee is coming backwards not straight up
- Let your front foot fall forward into your stride and hit the ball



Crossover Drill

- Start with front foot crossed over your back foot
- Maintain good “K” posture- front shoulder slightly lower than back shoulder
- Feel like you are about to fall forward
- Stride and swing

