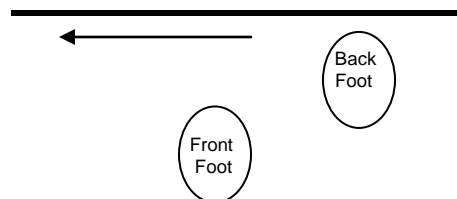


DRY HITTING DRILLS

① ② ③

1. Stance, Grip, Load & Stride, Hips, Attack
2. Bat Behind Back - Load, Stride, Pivot
3. Prayer Hands (no bat) - Load, Stride, Hit - Palm Up, Palm Down - Cut ball in half. High, Middle, Low. Outside, Middle, Inside.
4. Separate Hands - Same as above (Karate Chop) - Cut ball in half (should get hands on hitting plane and feel tension in back leg)
5. Bat Throw –Throw bat as far as you can on a straight line – use a target
6. Fence Drill - Back toe 10-12” from fence; feet in open stance at 45° out from fence. Perform swing without hitting fence or falling off balance. Pull knob along fence. Let front elbow fly. Hitter should feel tension in back quad when executing swing.



7. Extension Fence Drill - Belly button facing fence - Inside out swing - increase arc through the ball
8. Inside/Outside Drill – Place two paper stickers or marks representing balls on wall; one on inside corner and one on outside corner. Stride, stop, and put the appropriate swing on one or the other ball marks.
9. Shoulder to Shoulder Clap Drill - Hands at shoulder height facing away from body - back hand and back shoulder knock front shoulder out of the way.
10. Rapid Fire – From stride and launch point. 25 rapid swings – stay at launch point. Be short and quick – use donut – finish high.
11. Stand in Bullpen with Live Pitcher – Load stride and read – start hips.

TEE DRILLS

1. Single Tee Basic

A. With one tee, hitter assumes stance and partner places ball on tee with two seams vertical facing back



B. Hitter stresses inside/out swing and hits inside seam and drives ball into net

C. 3x tee work:

i. Away 10x

ii. Middle 10x

iii. Pull 10x

} Always use a plate and stride guide or tire.
Adjust tee location for different pitch locations.

D. Top hand open/reversed. Drive the bat and extend with the top hand – allow rear elbow to slot.

2. Single Tee Long – Hitter works on hitting long line drives

3. Single Tee Opposite – Place a cone or bucket approximately 30' away toward opposite field. Drive ball through cone.

4. Single Tee - Stride Foot Tap with Load & Hit

5. Single Tee - Hop on Drive Foot & Hit – Keep weight back and balanced – land on big toe.

6. Single Tee - Bat behind Back, Load, Pivot with Hips and Drive Ball off Tee

7. Single Tee - Hit inside pitch to opposite field

8. Double Tee - One tee with ball inside, one tee with ball outside. Pitcher behind screen simulates pitch while calling “out” or “in”. Hitter responds by hitting corresponding ball.

9. Counter Clockwise Hands Rhythm Drill – Move hands in a circular motion, stride and hit (right-handers: movement is counter clockwise, left-handers: movement is clockwise).

10. Single Tee Bottom Hand Drill – Use bottom hand only – keep 90 degree bend in arm for as long as possible. Use a lighter bat or choke up.

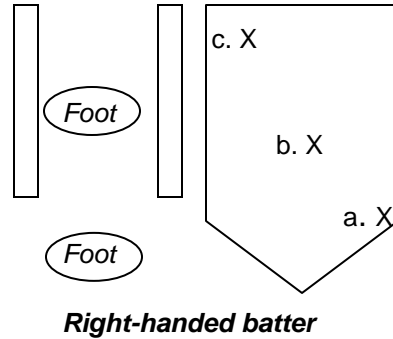
11. One Knee Tee Drill – Use small cone. Belly button and toes on front foot facing pitcher with ball out front – finish high.

NOTE: On all tee work, be sure to make a correct load

SOFT TOSS DRILLS

1. Soft Toss 3x

- A. Opposite Field
- B. Middle
- C. Pull

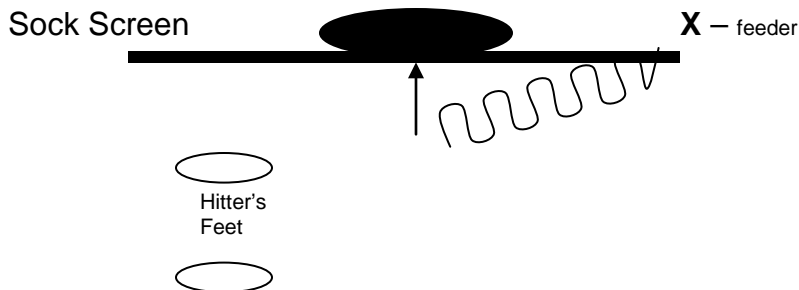


Left-handed hitter: change ball positions as appropriate

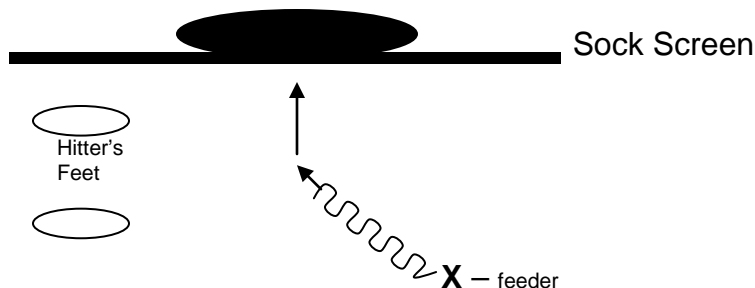
Right-handed batter

NOTE: When performing opposite field hitting or pulling the ball, place a bat or board in front of stride foot or behind stride foot to insure stride direction stays consistent; tire can also be used. Also, partner executing the toss must stand close to the hitter and drop the ball on the x's and not throw the ball through toward the hitter. Ball should be tossed no higher than hitter's letters.

- 2. Soft Toss to Standing Hitter Using Box Load – As feeder drops hand, hitter points knob at feeder, loads bottom half, strides and hits.
- 3. Soft Toss to Standing Hitter Starting With Open Stance. Stride to regular Spot and Hit.
- 4. Inside Front Toss – Partner stands 45 degrees in front and softly tosses ball toward hitter's front hip. Hitter strongly rotates hips to pull the ball.



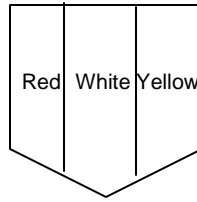
- 5. Behind 45° Toss – Partner feeds ball diagonally through strike zone toward hitter. Hitter attacks inside of ball.



- 6. Drop Toss - Partner drops ball straight down

WHIFFLE (OR TAPE) BALL DRILLS

1. 3x - Opposite, Middle, Pull - Use 3 different colored whiffle balls or tape balls corresponding to colors on plate.



2. Point Box and Load Short Toss
3. Ball/Pitch Recognition Drill
- A. White - Fast Ball - Hit
 - B. Yellow - Off Speed - Read and Decide
 - C. Red - Take and Track
4. Curve Ball Drills with Tape Balls
- A. Read, Wait, and Hit Middle or Opposite
 - B. Throw Pitch Down and Away
5. Sideways Hitting - Wait as long as possible, try to hit the ball sideways. Pitcher is in normal straight ahead position.
6. Pull Drill - Throw ball under the hands, rotate hips, pull hands across and hit.
7. Two Color Golf Ball Toss - Using white and orange golf balls, feeder tosses both and calls out color while ball is in the air. Hitter using thunder stick then hits the called color.

SHORT (STRAIGHT) TOSS DRILLS - FROM 15-20' WITH L SCREEN

1. 3x Short Toss - Opposite, Middle, Pull. Throw overhand to spots. Throw the ball firmly - do not lob the ball.
2. Two Strike Short Toss - Feeder can throw fastballs or off speed - pitcher calls strikes using expanded zone. Stay inside ball and record well hit balls.
3. Two Strike Short Toss Ground Ball/Fly Drill - Situational Hitting
 - A. Feeder throws one round straight
 - B. Feeder throws one round mixed
 - C. Hitter announces "fly" or "ground ball" and proceeds
4. Short Toss Fake Bunt/Hit
5. Line Drive Contest - Hitter tries to hit as many line drives in a row as possible.
6. Hit and Run Contest - Hitter must hit ball on ground to opposite side
7. Colored Tape Ball Short Toss
 - A. White - Fast Ball - Hit
 - B. Yellow - Off Speed - Read and Decide
 - C. Red - Take and Track

*NOTE: Player pitching must throw firm, consistent strikes.
Compact arm motion with no stride, or down on one knee.*

LIVE BULLPEN HITTING DRILLS

1. Stand in Against Live Bullpens

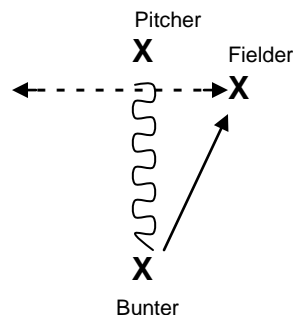
- A. Hitter stands in against a pitcher throwing a bullpen.
- B. Hitter works on moving from “soft” focus to “sharp” focus (window, above throwing shoulder) as pitcher’s stride foot is landing - Load and Stride.
- C. He works on pitch/spin/location recognition all the way to the catcher’s glove.

2. Live Hitting on Field

- A. Bunt 2x, 10 cuts (first two - opposite field; last cut- hit and run)
 - i. Hard to 1st base, break down, and return to 1st
 - ii. Lead and advance to 2nd base reading the ball, hold on bunt #2
 - iii. Lead and advance to home when ball is hit. Read ball and tag if necessary - hold ground on line drive.
 - B. All opposite with pitcher and L screen on the baseline - pitcher throws ball away.
 - C. 3-1, 2-0 hitting - finish count
 - D. 1-2 hitting - finish count
- } Pitchers can throw anything, but should duplicate game-like conditions.

BUNTING DRILL

1. 3-Man Sac Bunt Drill - Throw Hard.
Player fielding alternates from side to side with each pitch. Bunter must direct ball to fielder. Hitter stays in squared position for 10 reps.



2. Suicide Bunt Drill - Don't give it away too early
3. Base Hit Bunt Drill - Perfect or Foul
 - A. Right-hander drops back foot and points bat at 1st base to bunt down 3rd base side
 1. Make sure to cast bat down from shoulder and not swing it into the zone
 - B. Left-hander crosses over and directs ball as he is moving toward the pitcher. If 1st baseman is deep, drag ball by pitcher to the first base side. If 3rd baseman is deep, direct the ball down third base line.
4. Fake Bunt Slash - Choke up, keep weight on front foot, pull bat back to shoulder and hit ball on ground (make sure to flatten bat)
 - A. Opposite ground ball on outside pitch
 - B. Knock 3rd baseman down or 1st baseman down if pitch inside, depending on right or left-handed batter
5. One Hand Bunt Drill – use top hand only

NOTES ON SAC BUNTING

1. Toes facing pitcher - open stance/crowd plate.
2. Hips/shoulders square to pitcher.
3. Bat at top of strike zone and in fair territory – hold the bat lightly, not tightly. When squaring to bunt, eyes are looking over top of bat.
4. Cover the plate with the bat.
5. Weight on front foot with nose over the front knee.
6. Go down with knees for low pitch; keeping bat at least level. Don't reach for the ball with your hands/arms.
7. Let the ball push the bat back with soft elbows.
8. Bunt strikes.
9. Direct the ball on a line half way between short stop and 3rd baseman on left side. On right side, direct ball half way between 2nd baseman and 1st baseman. DO NOT AIM FOR BASELINE on a sac bunt. Do not bunt the ball at the pitcher.
10. Everyone in the ballpark knows you are bunting, so square as soon as the pitcher breaks his hands.
11. On a suicide, don't come around until the pitcher's stride foot has landed.