



Advanced Batting Practice

Skill Set: Hitting

Difficulty Level: Hard

Number of Athletes and Coaches: Team and all coaches

Average Time to Complete: 60 minutes

Equipment Required: Field, tees, baseballs, net or screen to hit into, cage

Goal: Focus on team hitting, fielding, and base running through different stations

Description of the Drill:

- At least one coach at each station during BP. Break team into small groups, 3–4 players each. Each station will rotate to the next numerical station. Station 6 will rotate to station 1.
- Station 1: Defensive Station
 - Outfield and infield live reads and fungo
- Station 2: Cage One Station
 - Regular front toss and off-speed toss
- Station 3: Tee Station
 - Check point tee and regular tee
- Station 4: Live Hitting Station
 - Situations determined by coach, 10 swings per player
- Station 5: Base Running Station
 - Reads at first base, second, and third base
- Station 6: Defensive Station
 - Outfield and infield live reads and fungo
- Groups rotate after 10 minutes at a station, or after everyone in the group that is hitting live on the field has hit.

Add Difficulty:

- The following hitting routines provide hitting situations that can be performed during batting practice, and the suggested repetition for each situation.
- **Situational Routine**
 - SAC, slash, bunt for hit-3
 - Hit & Run-3
 - Opposite field-3
 - power alley-3,
 - Move the runner-3
 - Positive count-3, drives-3
 - Swings-5
- **Swing Day Routine**
 - SAC-3
 - Bunt for hit-3
 - Hit & Run-3, swings-3
 - Oppo-3, swings-3
 - Drive the alleys-3
 - Swings-5
- **Approach Day Routine**
 - Fastball-5
 - Off-speed-5
 - Hit & Run-5
 - Opposite Field/alley-5
 - Two-strike-5
 - Positive Count-5

Angle Flips

Skill Set: Hitting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Bat, helmet, home plate, and a bucket of baseballs

Goal: Focus on driving the ball up the middle by hitting the inside of the ball

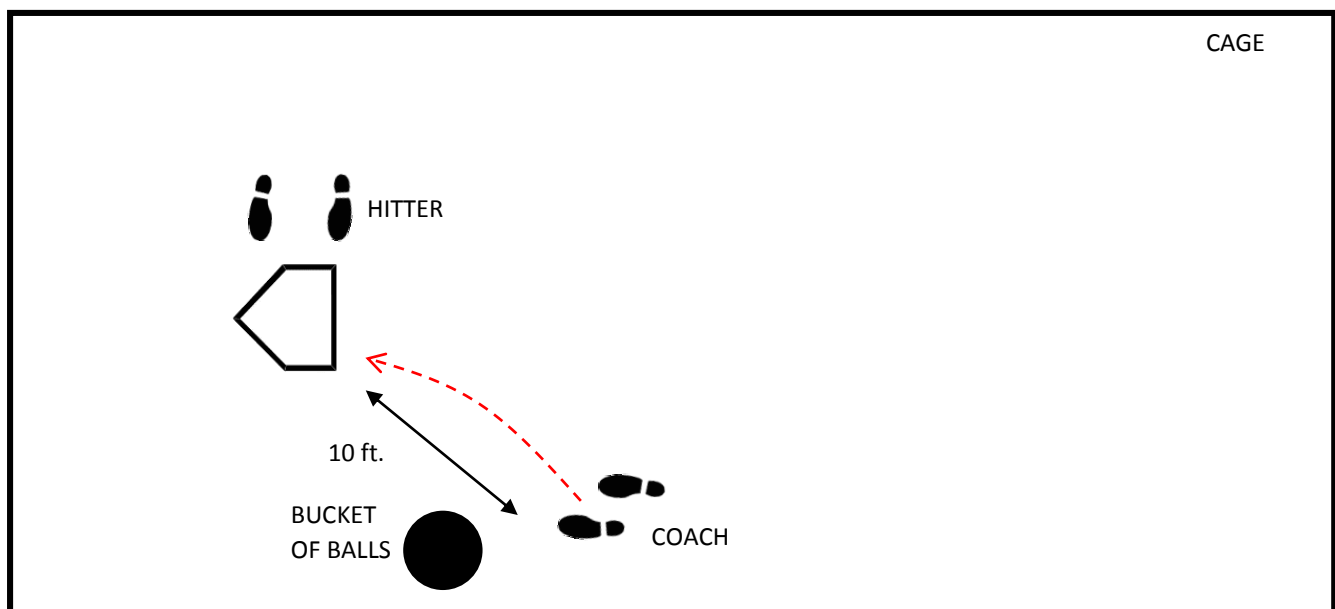
Description of the Drill:

- Hitter sets up even with the plate
- Coach sets up to the opposite side of the hitter at an angle, about 10 feet away from the hitter
- Coach should make sure to be at a far enough angle to not get hit by the ball
- Coach underhand tosses the ball across the middle of the plate
- Hitter tries to hit the ball back up the middle, working on timing with the coach's pitches and being sure not to rush through the drill
- Focus should be hitting the ball back up the middle, staying inside the baseball
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should try to hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

Layout of Drill (cage is optional, can be done on a field):



Backside Angle Toss

Skill Set: Hitting

Difficulty Level: Hard

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Screen for coach to throw behind, home plate, and a bucket of baseballs

Goal: Focus on driving the ball up the middle by hitting the inside of the ball

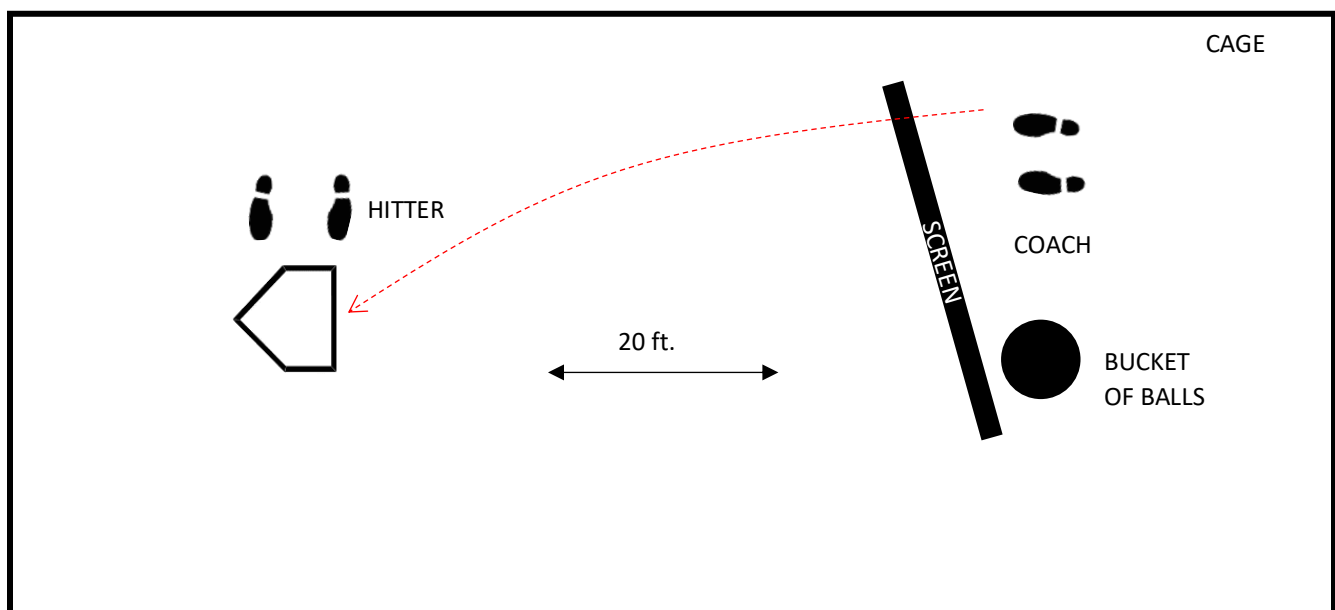
Description of the Drill:

- Screen set up 20 feet from the plate
- Hitter sets up even with the plate
- Coach sets up screen to the left side of the cage, slightly angled
- Coach underhand tosses from the left side of the screen across the middle of the plate
- Hitter tries to hit the ball back up the middle, working on timing with the coach's pitches
- Focus should be hitting the ball back up the middle, staying inside the baseball
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should try to hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

Layout of Drill (cage is optional, can be done on a field):



Balance Beam

Skill Set: Hitting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Tee, baseballs, net or screen to hit into, 2x4" wooden beam (6 ft. long)

Goal: Focus on staying balanced through the entire swing and after the follow through

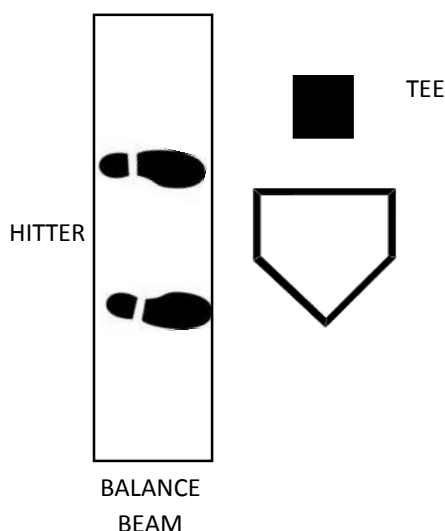
Description of the Drill:

- Tee set up in front of the middle of the plate, balance beam placed where batter's feet will go
- Hitter sets up even with the plate on the beam, while other partner puts a ball on the tee
- Hitter takes 5 half speed swings off of the tee to get more comfortable
- As the player becomes more comfortable, they should swing full speed
- Hitter should be focused on staying balanced throughout the entire swing and after the follow through
- Partners switch after 10 swings

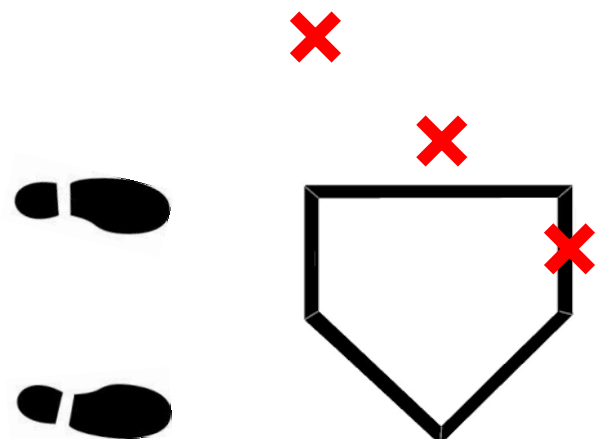
Add Difficulty:

- To add a degree of difficulty, one of the partners can stand on the other side of the plate facing their partner and throw side toss for their partner to hit while still on the beam
- The partner can also throw front toss from behind a screen to their partner still on the beam
- The hitter can also move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below

Layout of Drill:



Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)





Ball Down Front Toss

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Bat, screen for coach to throw behind, home plate, and a bucket of baseballs

Goal: Focus on throwing the knob to the placed ball for a direct swing path to the ball

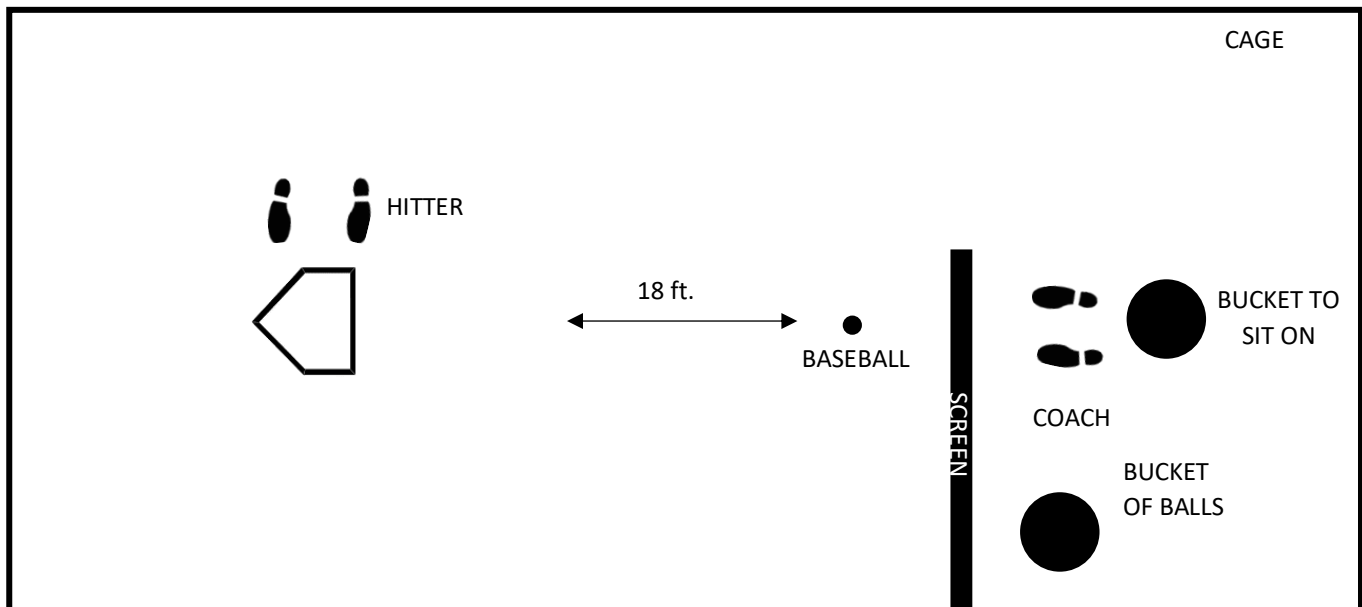
Description of the Drill:

- Screen set up 20 feet from the plate, baseball placed 18 feet in front of plate
- Hitter sets up even with the plate
- Coach throws under/overhand while seated on a chair or bucket, down the middle of the plate on a line at a slow to medium speed from behind the screen
- Hitter hits the ball, with the focus on trying to throw the knob of the bat toward the placed baseball 18 feet away
- Focus should be on good quality swings, with hitters swinging with a direct path to the ball
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside. Be sure to move the placed baseball to the pull or opposite side of the hitter.
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

Layout of Drill (cage is optional, can be done on a field):





Ball-Hit Front Toss

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Screen for coach to throw behind, home plate, and a bucket of baseballs

Goal: Call out “ball” when see ball before the pitch, call out “hit” at contact with the ball

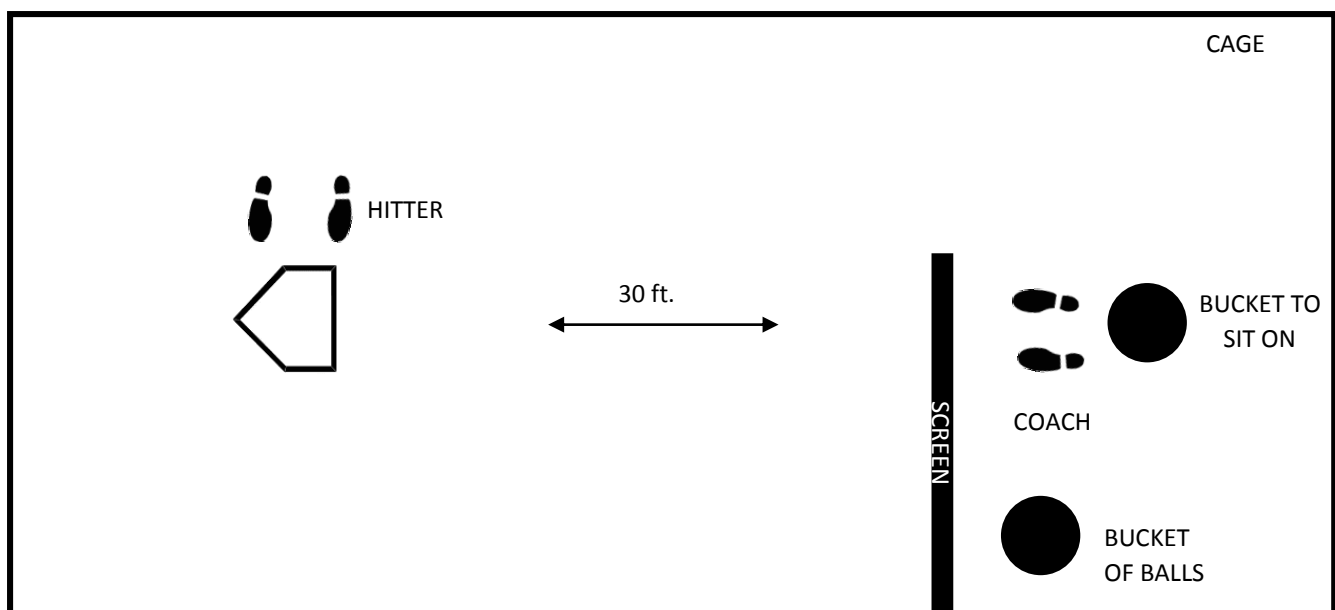
Description of the Drill:

- Screen set up 30 feet from the plate
- Hitter sets up even with the plate
- Coach throws overhand while seated on a chair or bucket, down the middle of the plate on a line at a slow to medium speed from behind the screen
- Hitter says “ball” when they first see the ball in the coach’s hand, and “hit” when they make contact
- Focus should be on good quality swings, with hitters finishing their swing and staying balanced
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

Layout of Drill (cage is optional, can be done on a field):



Bat Behind Hips

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Bat, tee, baseballs, net or screen to hit into

Goal: Activate the hips into the swing by using only the lower half in the swing

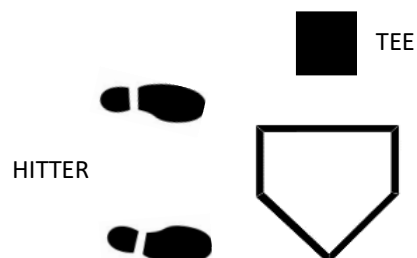
Description of the Drill:

- Tee set up in front of the middle of the plate at the height of the bat once placed behind hips
- Hitter sets up even with the plate, while partner places a ball on the tee
- Hitter puts the bat behind their back, resting right above their hips with the barrel of the bat off of their back hip and hooks their arms around the bat
- Hitter hits the ball off the tee by firing with the hips and having the hips control the bat to the ball
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, the partner can toss the hitter baseballs, either from side toss or front toss.

Layout of Drill:





Beginner's Batting Practice

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: Team and all coaches

Average Time to Complete: 30 minutes

Equipment Required: Field, tees, baseballs, net or screen to hit into, cage

Goal: Focus on team hitting, fielding, and base running through different stations

Description of the Drill:

- At least one coach at each station during BP. Break team into small groups, 4 – 5 players each. Each station will rotate to the next numerical station. Station 3 will rotate to station 1.
- Station 1: Defensive Station
 - Players should be in the infield and outfield positions fielding the balls being hit by the live hitting group. A bucket can be placed in the outfield for easy ball pick-up.
 - Make sure your players pay attention and watch the hitter at all times. Avoid allowing your players to stand in groups.
- Station 2: Skill Station
 - Skill stations should have tees and baseballs. Players should work on hitting the ball off of the tee and driving the ball back up the middle.
 - Depending on the number of tees available, the group can be split into smaller tee groups.
- Station 3: Live Hitting Station
 - Set up a front toss screen on the field and have a coach throw front toss to the hitters.
 - Players next in line to hit should be warming up in the on deck circle. All other players waiting their turn to hit should be in the dugout.
 - Each hitter should get at least 10 swings off of front toss on the field.
 - On the last swing of their turn, have the players run through first base, and then rotate back into the dugout to wait for another turn to hit.
- Groups rotate after 10 minutes at a station, or after everyone in the group that is hitting live on the field has hit.

Add Difficulty:

- The following hitting routine provides hitting situations that can be performed during batting practice, and the suggested repetition for each situation.
 - Situational Routine
 - Sacrifice Bunt- 5
 - Hit & Run- 3
 - Opposite Field- 3
 - Up the Middle- 3
 - Regular Swings- 5

Behind the Hitter Toss 1-2-3

Skill Set: Hitting

Difficulty Level: Hard

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

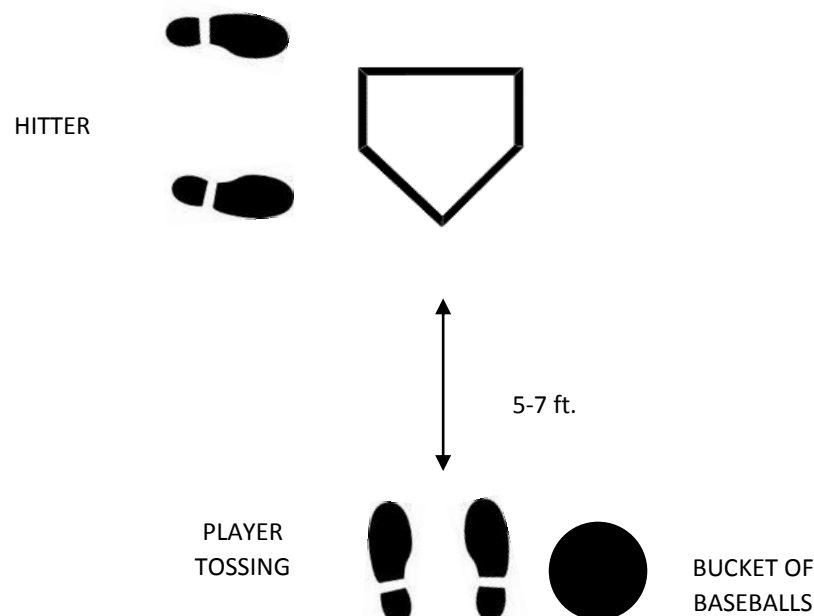
Equipment Required: Bucket of baseballs, bat, screen to hit into or a cage

Goal: Hit the ball up the middle working on quick hands and reaction time

Description of the Drill:

- Hitter sets up even with the plate, while partner/coach stands at least 5-7 feet behind the plate
- Hitter starts by going through the hitting positions 1 and 2 (hitting positions are: 1: Hitter loads shifting weight to back foot, 2: Hitter strides while staying balanced, hands separate to move back from the shoulder, 3: Hitter swings and hits the ball)
- Partner underhand tosses the ball on a line down the middle of the plate while hitter in in the hitting position 2
- Hitter keeps eyes forward, and starts swing (hitting position 3) when they see the ball, hitting it straight up the middle into the screen or cage
- Partners switch after 10 swings
- If players are having trouble picking up the tosses, allow them to look back at their partner to pick up the ball sooner (the ball should still be hit back up the middle)

Layout of Drill:



Belly Button Tee

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Bat, tee, baseballs, net or screen to hit into

Goal: Hit the ball off of the tee with the focus of turning the belly button to the ball

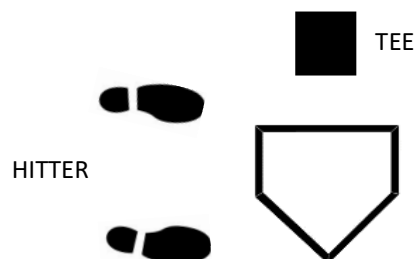
Description of the Drill:

- Tee set up in front of the middle of the plate
- Hitter sets up even with the plate, while partner places a ball on the tee
- Hitter hits the ball off the tee with the focus of turning the belly button to the ball as they swing, this helps to activate their lower half into the swing properly
- Hitters should be hitting the ball back up the middle
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, the hitter can move the tee to different contact points (inside, middle, outside)

Layout of Drill:



Bottom Hand Tee

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Tee, baseballs, net or screen to hit into, (short bat can be used)

Goal: Hit line drives back up the middle, control barrel of the bat, keep shoulder closed

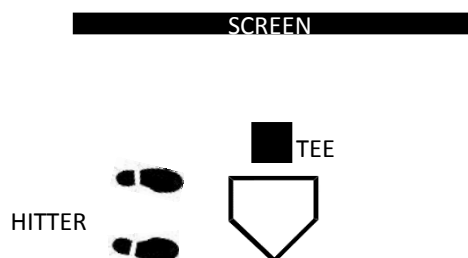
Description of the Drill:

- Tee set up slightly in front of the middle of the plate
- Hitter sets up even with the plate, while other partner puts a ball on the tee
- Hitter gets ready, hold bat with the hand closest to the knob of the bat (bottom hand)
- Hitter places other hand (top hand) across chest on front shoulder to keep shoulder closed
- Swinging with one hand, the hitter tries to hit the ball on a line back up the middle
- If the bat is too heavy to control with one hand, the hitter may slide their hand up on the bat
- Partners switch after 5 swings
- A short 28" bat can also be used for this drill

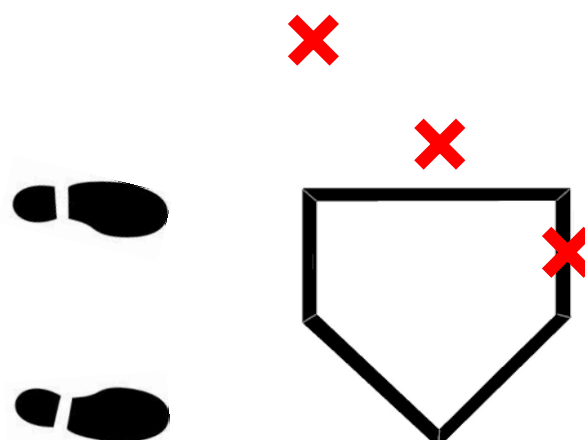
Add Difficulty:

- To add a degree of difficulty, the hitter can move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

Layout of Drill:



Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)



Change-Up Front Toss

Skill Set: Hitting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Screen for coach to throw behind, home plate, and a bucket of baseballs

Goal: Focus on not anticipating pitches and being under control when hitting

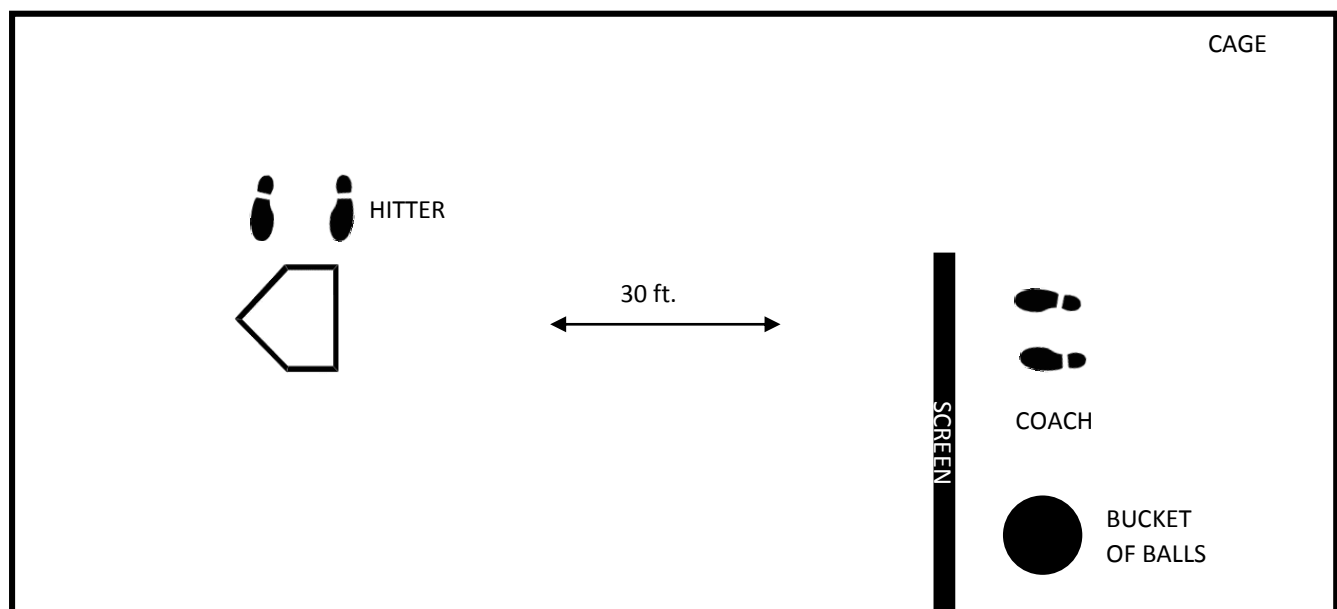
Description of the Drill:

- Screen set up 30 feet from the plate, hitter sets up even with the plate
- Coach underhand throws the ball down the middle of the plate on a line at a medium to fast speed from behind the screen
- Hitter hits the ball back up the middle of the cage
- Every couple of tosses, the coach throws a change-up at a slow speed
- The coach should check the position the player is in, making sure they have not started their swing before the change-up gets to them
- If the player has already started their swing, the player should focus on being under better control and not anticipating and jumping at pitches
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside

Layout of Drill (cage is optional, can be done on a field):





Color Front Toss

Skill Set: Hitting

Difficulty Level: Hard

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Screen for coach to throw behind, home plate, bucket of baseballs, markers

Goal: Focus on tracking the balls and colors, pitch recognition, and reacting quickly

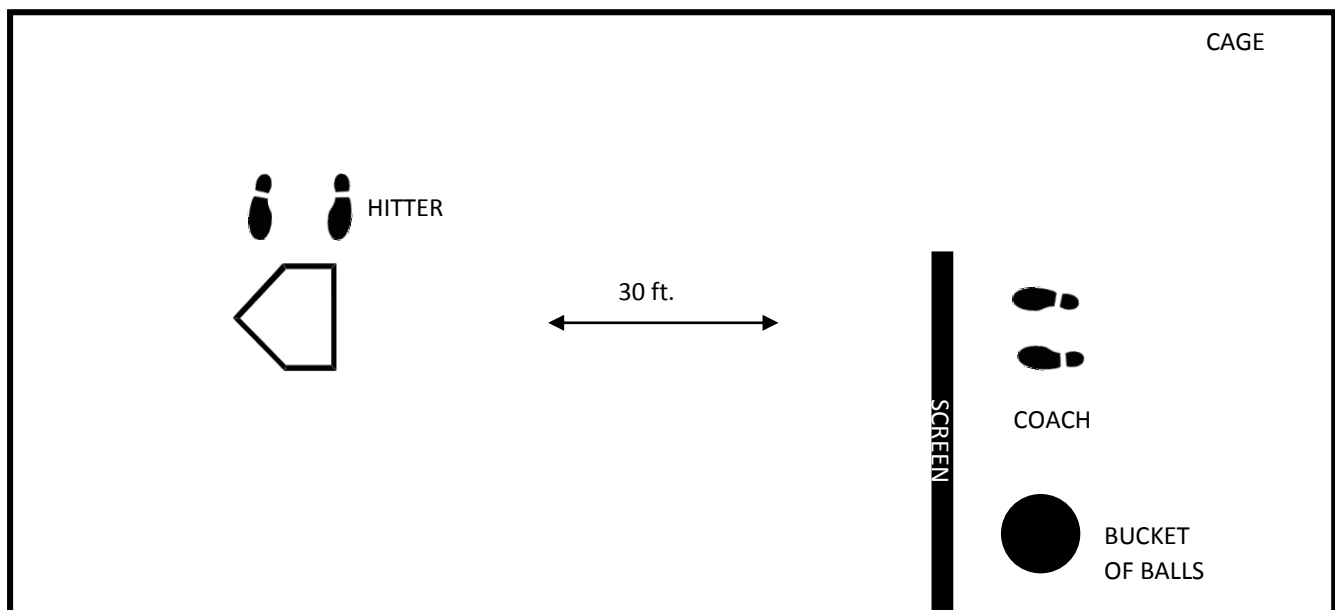
Description of the Drill:

- Screen set up 30 feet from the plate, hitter sets up even with the plate
- The balls in the bucket should each have a green, blue, or red circle on them
- Coach overhand throws the ball down from behind the screen
- Hitter hits the green and blue balls, calling out the color, and takes the red balls
- If a player is struggling seeing the colors, slow down the speed of the pitches
- Hitter should focus on tracking the balls and seeing their colors and then reacting quickly to hit or take the pitch
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside

Layout of Drill (cage is optional, can be done on a field):





Cup Ball Game

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: All athletes, split into two groups, offense and defense

Average Time to Complete: 35 minutes

Equipment Required: Paper cup, balled up into a "ball"

Goal: Focus on having fun and implementing the hips into the swing properly.

Description of the Drill:

- Split team into two teams, one starts on defense the other starts on offense.
- Take a paper cup and ball it up into a ball (it may help to dampen the cup).
- Coaches will toss the cup to the hitters, hitters will hit by using their back hand in their swing.
 - For example, a right-handed hitter will hit by using their right hand to strike the cup in a normal baseball swing motion.
- The goal is for hitters to incorporate their hips into their swings while having fun playing a modified game of baseball.
- The teams switch to offense or defense after 3 outs.

Decline Swings

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Bat, decline hill or similar slope

Goal: Focus on hitting against the front leg and keeping upper body and head behind it

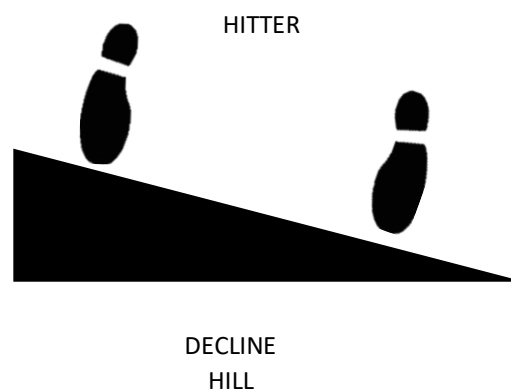
Description of the Drill:

- Hitter sets up in hitting stance on a decline hill or similar slope with back foot at top of the hill and front foot down the hill
- Hitter takes dry swings (without hitting a ball)
- Focus should be on hitting against the front leg and keeping the head and body behind it
- If hitter feels their head and upper body getting out over their front leg, they should move their front leg forward a half inch and repeat until they find a spot where their body and head stays behind their leg (this is the stance they should then use as their hitting stance)
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, hitters can hit off of a tee from the decline position
 - To add a degree of difficulty, hitters can hit front toss from the decline position
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Layout of Drill:



Defense Stance

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1 athlete and 1 coach

Average Time to Complete: 1 minute

Equipment Required: Bat

Goal: Identify the proper athletic ready position as the starting point of the hitting stance

Description of the Drill:

- Hitter should start without a bat
- Hitter should set up with their knees slightly shoulder width apart
- This position is the same as a defense ready position in basketball or football
- Hitter should be balanced with their knees bent so that if the coach lightly pushes them, they stay balanced
- This is the proper starting point of the hitting stance for the bottom half
- Once the hitter is in this position, the coach should hand them their bat so that they can feel the proper starting stance for the swing

Layout of Drill:



Double Ball Toss

Skill Set: Hitting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Bucket of baseballs, bat

Goal: Hit the ball up the middle working on hand-eye coordination and reaction time

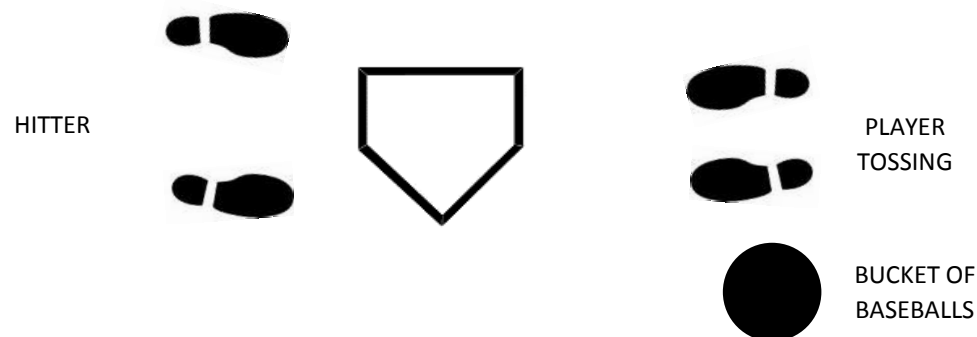
Description of the Drill:

- Hitter sets up even with the plate, while partner kneels on the other side of the plate
- Partner holds a ball in each hand, moving their arms as if they were going to toss the balls at different times
- Partner then side tosses one of the balls
- Hitter should pick up the tossed ball and drive it up the middle
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, the partner can toss the ball softer to simulate a change-up throw
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Layout of Drill:



Double Tee

Skill Set: Hitting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Bat, two tees, baseballs, net or screen to hit into

Goal: Keep the bat on the plane of the baseball, and drive the baseball up the middle

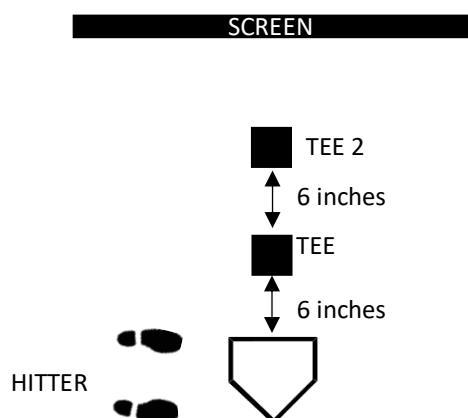
Description of the Drill:

- Tee set up in front of the middle of the plate, roughly 6 inches out front of the plate (shown below)
- Another tee set up about 6 inches in front of the first tee
- Hitter sets up even with the plate, while other partner puts balls on the tees
- Hitter hits the ball, trying to hit a low line drive back up the middle, keeping the bat on the plane of the ball and the barrel behind the hands and extends their swing path to hit the second ball off the second tee with a smooth swing
- Partners switch after 5 swings

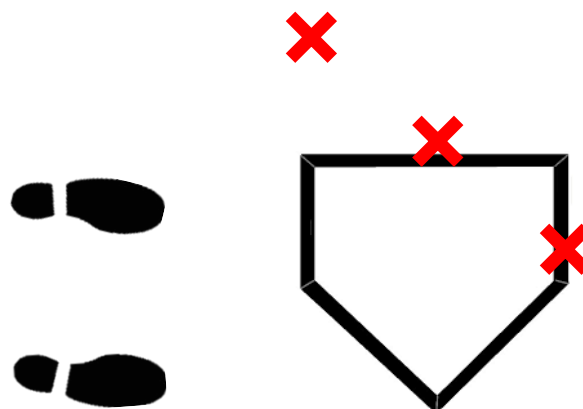
Add Difficulty:

- To add a degree of difficulty, the hitter can move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below, but still make sure to place the tee roughly 6 inches in front of where the contact point would be for each location.
- Outside pitches should be hit to the opposite field, or opposite side of the screen or cage
- Inside pitches should be hit up the middle or slightly to the pull side of the middle

Layout of Drill:



Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)



Extended Tee

Skill Set: Hitting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Tee, baseballs, net or screen to hit into

Goal: Keep the bat on the plane of the baseball, and drive the baseball up the middle

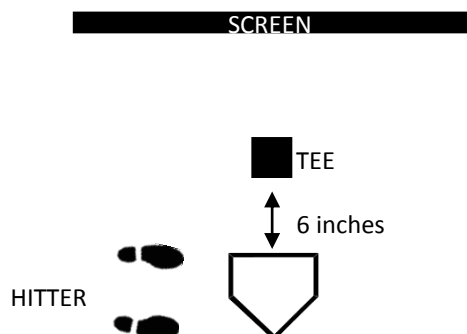
Description of the Drill:

- Tee set up in front of the middle of the plate, roughly 6 inches out front of the plate (shown below)
- Hitter sets up even with the plate, while other partner puts a ball on the tee
- Hitter hits the ball, trying to hit a low line drive back up the middle, keeping the bat on the plane of the ball and the barrel behind the hands
- Partners switch after 5 swings

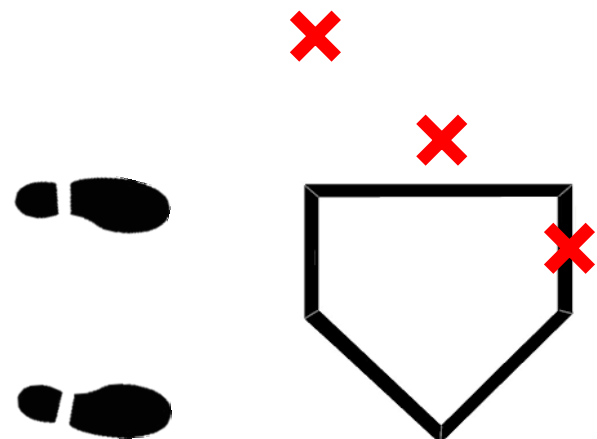
Add Difficulty:

- To add a degree of difficulty, the hitter can move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below, but still make sure to place the tee roughly 6 inches in front of where the contact point would be for each location.
- Outside pitches should be hit to the opposite field, or opposite side of the screen or cage
- Inside pitches should be hit up the middle or slightly to the pull side of the middle

Layout of Drill:



Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)





Fastball Front Toss

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Screen for coach to throw behind, home plate, and a bucket of baseballs

Goal: Focus on rhythm of the hitter with the pitcher and driving the ball up the middle

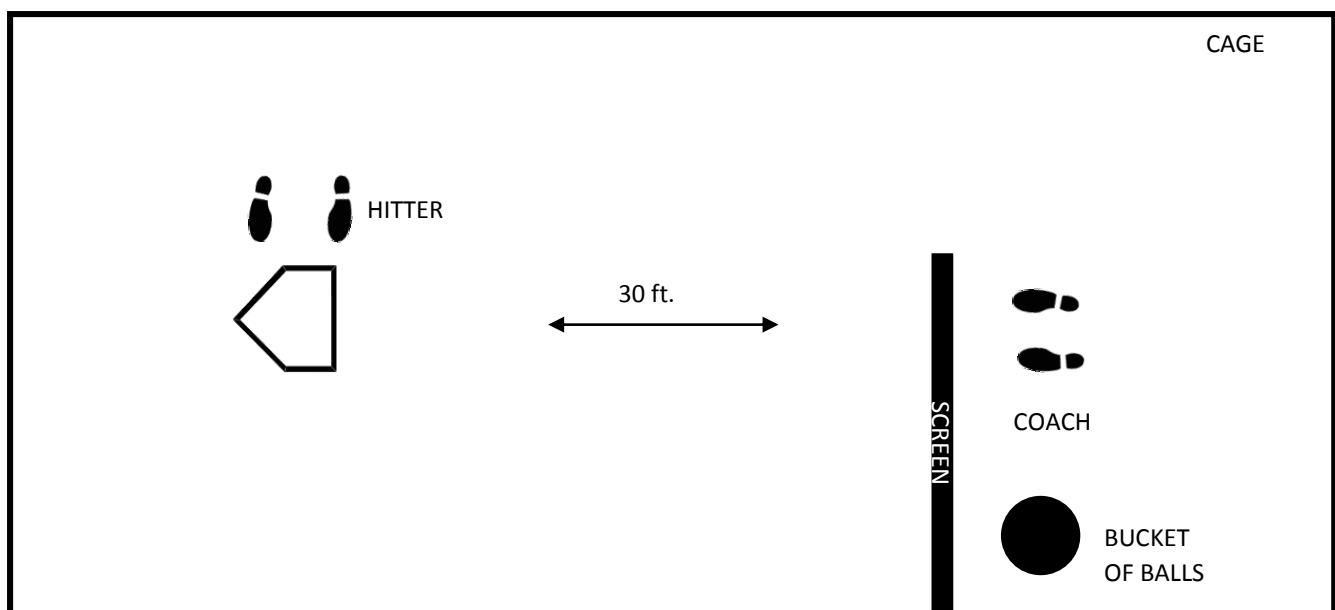
Description of the Drill:

- Screen set up 30 feet from the plate
- Hitter sets up even with the plate
- Coach underhand throws the ball down the middle of the plate on a line at a slow to medium speed from behind the screen
- Hitter tries to hit the ball back up the middle, working on timing with the coach's pitches
- Focus should be on good quality swings, with hitters finishing their swing and staying balanced
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

Layout of Drill (cage is optional, can be done on a field):





Flaw: Casting the Hands Outside the Ball

Skill Set: Hitting

Flaw Level: Advanced

Description of the Flaw:

One of the most fundamental flaws of a swing is casting the hands outside the ball. This is an advanced level flaw, but it can affect any player at any level.

While the goal of the swing is to take a direct path with the hands to the inside of the baseball, this flaw occurs when hitters start their swing by casting their hands away from their body and hitting the outside of the baseball.

Helpful Drills:

- Backside Angle Toss
 - Tight Tee
 - Knob Inside the Ball Toss
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Flaw: Chopping at the Ball

Skill Set: Hitting

Flaw Level: Beginner

Description of the Flaw:

One of the most fundamental flaws of a swing is chopping at the ball. This is a beginner level flaw, but it can affect any player at any level.

This flaw occurs when hitters fail to swing the bat level through the zone and instead chop down at the ball. This chopping motion does not allow the barrel to stay in the hitting zone long, causing weak and inconsistent contact. Drills should focus on creating a level swing path.

Helpful Drills:

- Target Tee
 - Extended Tee
 - Follow Through Swing
 - Throw the Bat
-



Flaw: Collapsing the Backside

Skill Set: Hitting

Flaw Level: Intermediate

Description of the Flaw:

A common flaw of the swing is collapsing the backside. This is an intermediate level flaw, but it can affect any player at any level.

This flaw occurs when the backside collapses during the swing, causing the hands and barrel to drop. The goal when trying to fix this flaw is to stay strong on the backside and drive into the front side instead of falling back.

Helpful Drills:

- High Tee
 - Decline Swings
-



Flaw: Contact Point Too Far Out Front

Skill Set: Hitting

Flaw Level: Advanced

Description of the Flaw:

One of the most fundamental flaws of a swing is the contact point too far out front. This is an advanced level flaw, but it can affect any player at any level.

This flaw occurs when the hitter is reaching for the ball, often times trying to make contact with the outside pitch in the same place as the inside pitch. Hitters will lose their strong hitting position and lose power in the swing, as well as have trouble rolling over the outside pitch.

Helpful Drills:

- Outside Angle Toss
 - Side Toss
 - Inside/Outside Tee
-



Flaw: Hands Dropping on Load

Skill Set: Hitting

Flaw Level: Intermediate

Description of the Flaw:

A common flaw of the swing is the hands dropping on the load. This is an intermediate level flaw, but it can affect any player at any level.

When a hitter strides to ball, hands should move back and up into a strong hitting position as the front foot lands. This flaw occurs when the hitters hand drop during the stride, causing the bat to drag through the zone often with an uppercut.

Helpful Drills:

- 1-2-3 Drill
 - High Tee
-



Flaw: Improper Stance

Skill Set: Hitting

Flaw Level: Beginner

Description of the Flaw:

One of the most fundamental flaws of a swing is an improper stance. This is a beginner level flaw, but it can affect any player at any level.

This flaw centers on the hitters set up. Many young hitters stand too far or too close to the plate, and fail to get in a strong, athletic stance, maintaining proper balance to start their swing.

Helpful Drills:

- Stance Distance Check
 - Defense Stance
 - Hand Position
-



Flaw: Lack of Separation

Skill Set: Hitting

Flaw Level: Advanced

Description of the Flaw:

One of the most fundamental flaws of a swing is lack of separation. This is an advanced level flaw, but it can affect any player at any level.

Lack of separation occurs when the hands do not get back and up into a strong hitting position during the load. Most often the hands do not move when the hitter loads, causing the batter to push the bat through the zone with less bat speed.

Helpful Drills:

- Fungo for Hitters
 - 1-2-3 Drill
 - Rhythm Tee
-



Flaw: Loop in the Barrel

Skill Set: Hitting

Flaw Level: Intermediate

Description of the Flaw:

A common flaw of the swing is a loop in the barrel. This is an intermediate level flaw, but it can affect any player at any level.

This flaw occurs when the hitter fails to take the barrel in a short, level path to the baseball. Instead, the barrel loops beneath the hands causing an uppercut.

Helpful Drills:

- Ball Down Front Toss
 - Double Tee
 - Underload Bat Soft Toss
-



Flaw: Lunging to the Ball

Skill Set: Hitting

Flaw Level: Intermediate

Description of the Flaw:

A common flaw of the swing is lunging to the ball. This is an intermediate level flaw, but it can affect any player at any level.

This flaw occurs when the hitter does not keep the weight back and instead over strides and lunges out to the ball. Coaches will notice the hitters head moving forward with the swing as well as weight getting out ahead of the front foot.

Helpful Drills:

- No Stride Tee
 - Random Front Toss
 - Top Drop Drill
-



Flaw: No Lower Half

Skill Set: Hitting

Flaw Level: Beginner

Description of the Flaw:

One of the most fundamental flaws of a swing is failing to use the lower half properly. This is a beginner level flaw, but it can affect any player at any level.

This flaw occurs when the hitter swings the bat with all hands, and fails to use the legs and hips properly in the swing. This leads to lack bat speed and power, and typically will not allow the young hitter to keep a level barrel path.

Helpful Drills:

- Belly Button Tee
 - Bat Behind Hips
 - Decline Swings
-



Flaw: Soft Front Knee

Skill Set: Hitting

Flaw Level: Advanced

Description of the Flaw:

One of the most fundamental flaws of a swing is a soft front knee. This is an advanced level flaw, but it can affect any player at any level.

This flaw occurs when the hitter fails to hit into a stiff front leg, and instead allows the front knee to bend and soften on contact. This leads to a loss of power and bat speed throughout the swing.

Helpful Drills:

- Scissor Tee
 - Knee to Knee Tee
 - Decline Swings
-



Flaw: Stepping in the Bucket

Skill Set: Hitting

Flaw Level: Beginner

Description of the Flaw:

One of the most fundamental flaws of a swing is stepping in the bucket. This is a beginner level flaw, but it can affect any player at any level.

This flaw occurs when the stride, and therefore the energy of their swing, does not go directly toward the pitcher. This step away from the pitcher causes the hips, shoulders, and barrel to leave the hitting zone early, making it extremely difficult to hit the outside pitch.

Helpful Drills:

- No Stride Tee
 - Volleyball Between the Legs
 - Outside Tee
 - Outside Angle Toss
-

Follow Through Swing

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Bat, tee, baseballs, net or screen to hit into

Goal: Follow through keeping both hands on the bat finishing even with the shoulder

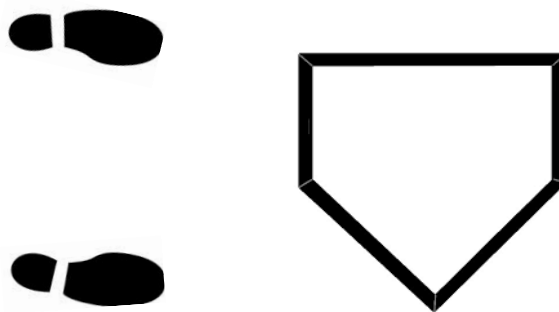
Description of the Drill:

- Have hitter set up at the plate, or in an open area
- Hitter should swing, focusing on keeping both hands on the bat through the follow through and finishing with the bat even with their shoulders
- Partners switch after 5 swings

Add Difficulty:

- To add a degree of difficulty, hitters can hit a ball off the tee keeping the focus on the follow through

Layout of Drill:



Fungo for Hitters

Skill Set: Hitting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes as partners, or 1 athlete and 1 coach

Average Time to Complete: 10 minutes

Equipment Required: Bat, cage, and a bucket of baseballs

Goal: Focus on getting the hands back into the load and controlling the bat path

Description of the Drill:

- Hitter sets up at home plate in a cage
- Hitter throws the ball up to themselves, steps into the swing and hits line drives to the back of the cage
- Hitter should work on getting the hands back into the load and controlling the bat path to the ball to hit line drives
- Hitter should walk into their stance, similar to the Rhythm Tee drill footwork
- Partners can switch after 10 swings

Layout of Drill (in a cage):



High Tee

Skill Set: Hitting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Tee, baseballs, net or screen to hit into

Goal: Hit line drives back up the middle, stay on top of the ball versus under it

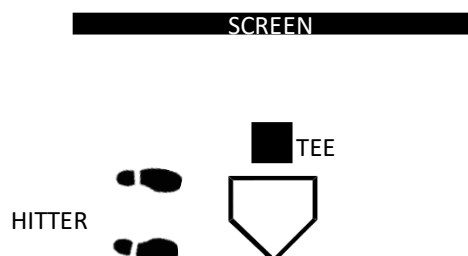
Description of the Drill:

- Tee set up slightly in front of the middle of the plate, extended so that the ball rests at the top of the strike zone (chest level, shown below)
- Hitter sets up even with the plate, while other partner puts a ball on the tee
- Hitter hits the ball, trying to hit a line drive back up the middle, not popping it up
- Partners switch after 5 swings

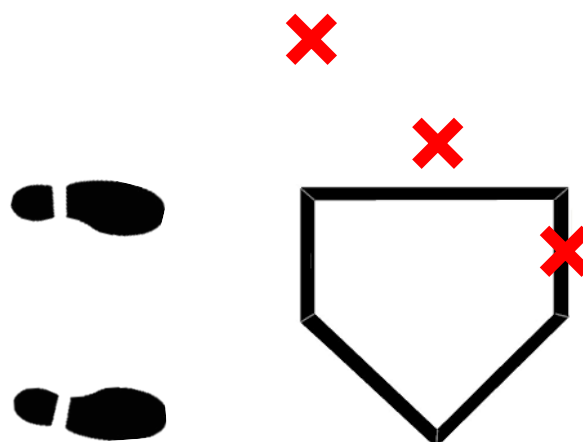
Add Difficulty:

- To add a degree of difficulty, the hitter can move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below, but still make sure to keep the tee at the top of the strike zone.

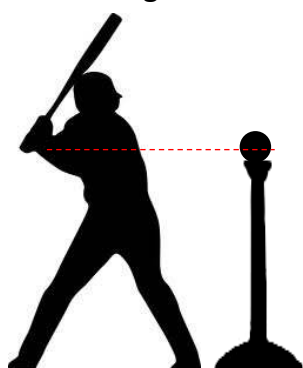
Layout of Drill:



Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)



Example of Tee Height:



Hit-and-Run

Skill Set: Hitting

Difficulty Level: Hard

Number of Athletes and Coaches: Team and all coaches

Average Time to Complete: 10 minutes (part of batting practice)

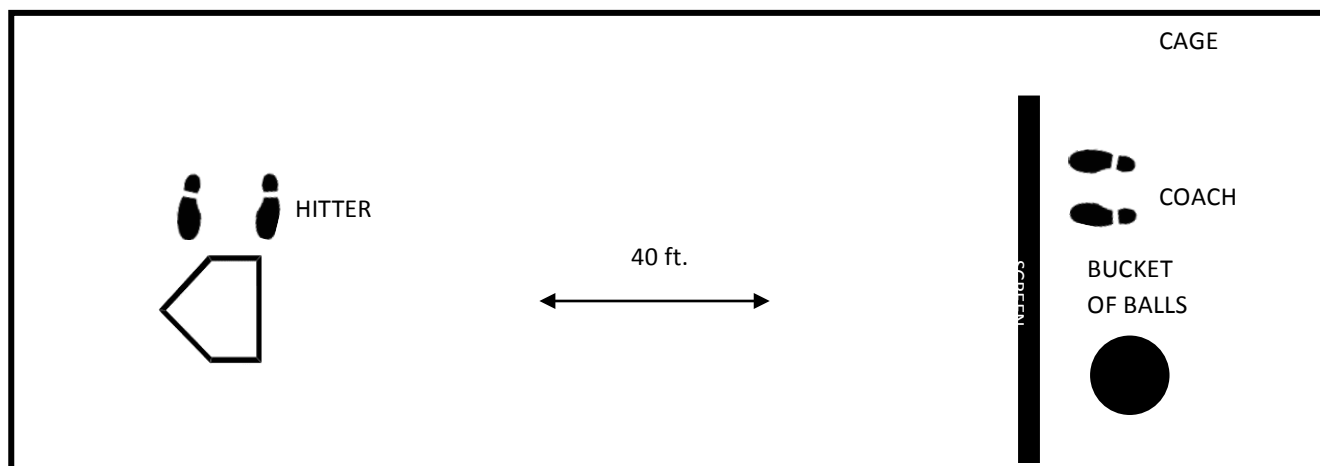
Equipment Required: Field, baseballs, net or screen to hit into, cage

Goal: Move the defense around and open up holes in the infield to advance the runner

Description of the Drill:

- Coach behind a screen throwing front toss to hitters during batting practice.
- Hitters practice executing hit and runs in the following progression:
 - Situation 1: Runner on 1st Base
 - The hitter's goal is to get a hard base hit on the ground, with the worst case scenario being that the runner has advanced with a ground ball out
 - Situation 2: Runner on 2nd, 0 outs → Advance the runner
 - The hitter's goal is to get a hard base hit by handling the bat head to get the ball back up the middle or to the right side of the infield, staying on top Bunting is also an option here; the batter does not need a sign
 - Situation 2: Runner on 3rd, <2 outs → Drive the runner in
 - The hitter's goal is to get a pitch to hit hard, ideally one that is up in the zone, since it is already elevated and therefore easier to hit into the outfield
- Swing at everything except the ball in the dirt
- Hitters should work to identify the pitch early and hit the ball where it is pitched
- Can be done on the field with runners, or in the cage with pretend runners

Layout of Drill (cage is optional, can be done on a field):



Knee to Knee Tee

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Bat, tee, baseballs, net or screen to hit into

Goal: Focus on keeping the front leg firm throughout the finish of the swing

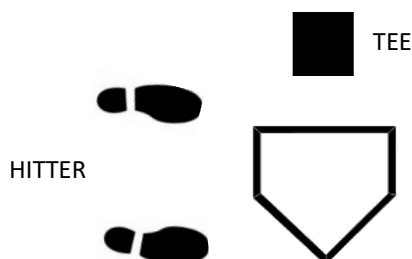
Description of the Drill:

- Tee set up in front of the middle of the plate
- Hitter sets up even with the plate, while partner places a ball on the tee
- Hitter starts with 75% swings
- After hitter makes contact, the back kneecap should move toward the inside of the front knee, touching it, and lifting the back foot off of the ground
- The focus should be on keeping the front leg firm throughout the finish of the swing
- Once the hitter feels comfortable with this movement, they can perform 100% swings with the knee to knee movement
- Partners switch after 10 swings

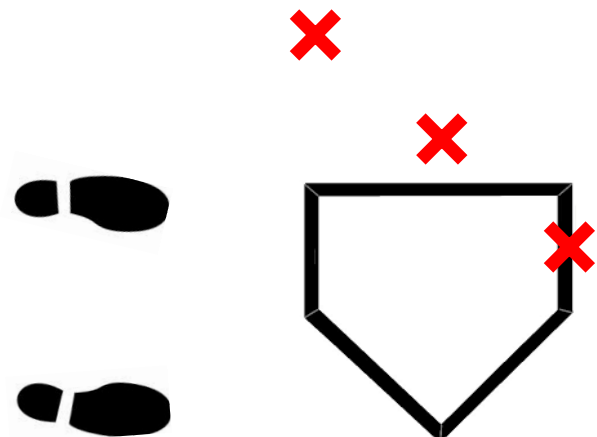
Add Difficulty:

- To add a degree of difficulty, the hitter can also move the tee to different contact point heights (low, middle, high)

Layout of Drill:



Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)





Knob Inside the Ball Toss

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Bat, screen for coach to throw behind, home plate, and a bucket of baseballs

Goal: Focus on visualizing and feeling the knob of the bat staying inside the ball

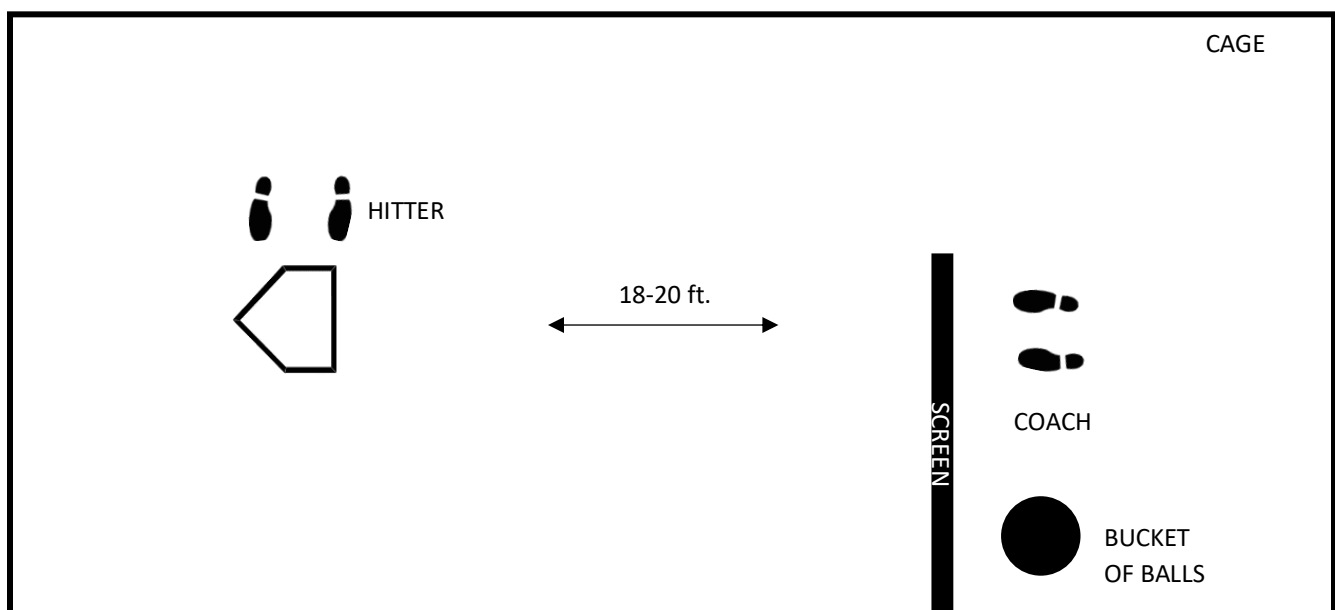
Description of the Drill:

- Screen set up 18-20 feet from the plate
- Hitter sets up even with the plate
- Coach underhand throws the ball down the middle of the plate on a line at a slow to medium speed from behind the screen
- Hitter focuses on hitting the ball back up the middle, while visualizing and feeling the knob of the bat staying inside the ball
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

Layout of Drill (cage is optional, can be done on a field):





Live Situational Scrimmage

Skill Set: Team

Difficulty Level: Medium

Number of Athletes and Coaches: Athletes split into two teams

Average Time to Complete: 40 minutes

Equipment Required: Field and all equipment needed for a game

Goal: Focus on executing the situations both on offense and defense in a modified game.

Description of the Drill:

- Split players up into two teams
- One team takes the field as defense, the other team is the offense
- Pitchers will pitch to batters as if it was a real game
- Coaches will call out the game situation before each inning. For example, coaches can call out “1 out, runners on 1st and 2nd, 2-0 count on the batter” and two players on offense will go to 1st and 2nd base before the hitter steps in the box.
- As plays happen, go over what was done well and what needed to be improved on for both the offense and defense
- After 3 outs, the offense and defense rotate.

Location Tee

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Tee, baseballs, net or screen to hit into

Goal: Hit the ball up the middle, pull side, and opposite field based on contact point

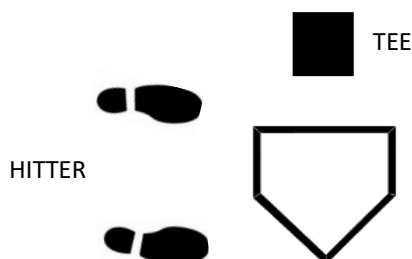
Description of the Drill:

- Tee set up in front of the middle of the plate
- Hitter sets up even with the plate, while partner places a ball on the tee
- Hitter hits the ball at the middle contact point for 3 swings, then moves the tee to the inside contact point
- Hitter hits the ball at the inside contact point for 3 swings, then moves the tee to the outside contact point
- Hitter hits the ball at the outside contact point for 3 swings, then the partners switch
- Focus should be on hitting the middle ball up the middle, the inside ball to the pull side, and the outside pitch to the opposite field
- Partners switch after 9 swings

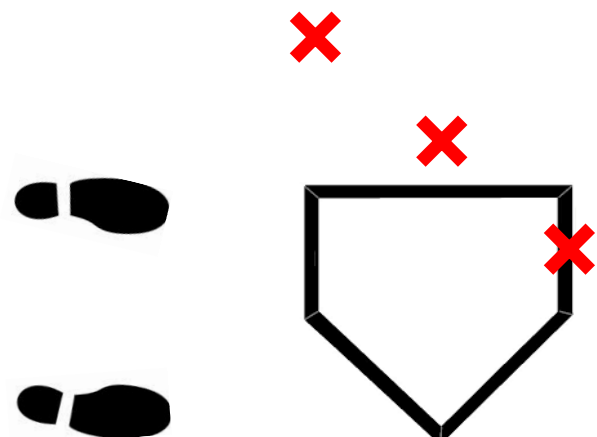
Add Difficulty:

- To add a degree of difficulty, the hitter can also move the tee to different contact point heights (low, middle, high)

Layout of Drill:



Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)



Long Tee

Skill Set: Hitting

Difficulty Level: Hard

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Home plate, two tees, and a bucket of baseballs (cage is optional), basketball

Goal: Focus on hitting the inside of the ball and driving the ball up the middle

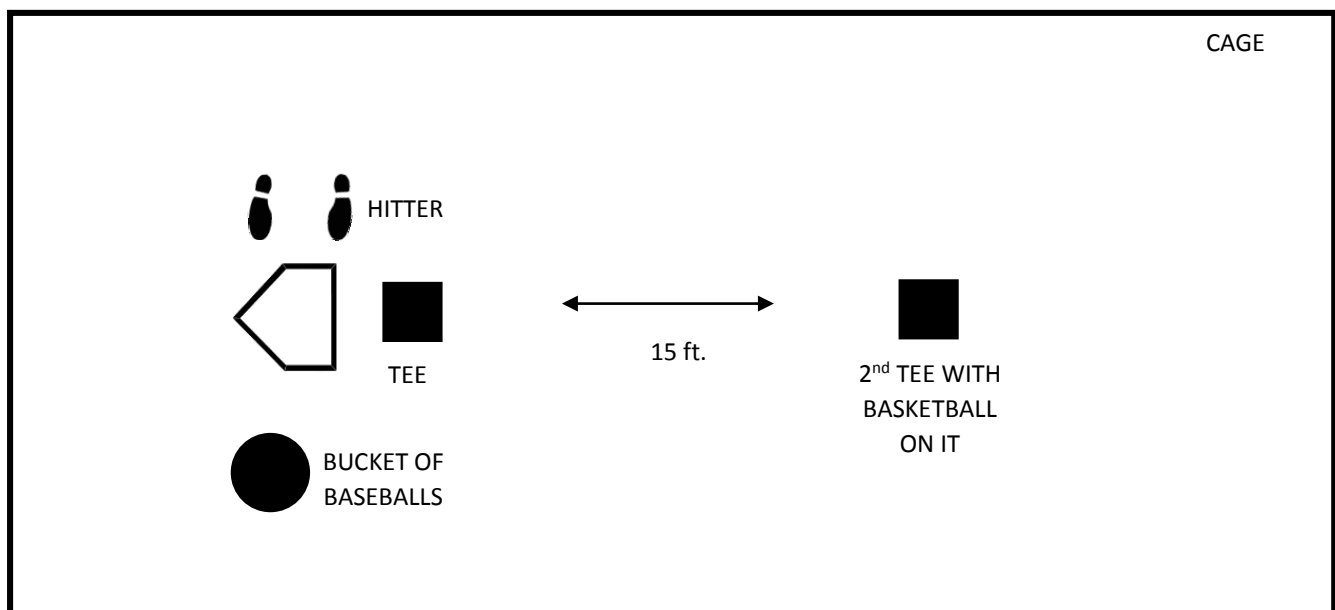
Description of the Drill:

- One tee is set up slight in front of the middle of the plate, the other tee is straight ahead at the 15 feet away with a basketball on it (can move the 2nd tee closer to decrease difficulty)
- Hitter sets up even with the plate, partner places a ball on the tee
- Hitter hits the ball off of the tee, trying to get the hit ball to knock the basketball off of the tee at the far end of the cage
- Focus should be on good quality swings, and hitting the inside of the ball, driving the ball up the middle
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, a baseball can be placed on the 2nd tee in place of the basketball
- To add a degree of difficulty, the 2nd tee can be moved further away from the hitter

Layout of Drill (cage is optional, can be done on a field):



Low Tee

Skill Set: Hitting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Tee, baseballs, net or screen to hit into

Goal: Hit low line drives back up the middle, swing through the ball, stay athletic

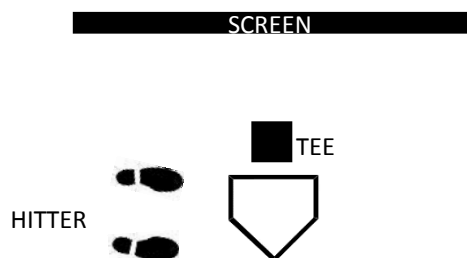
Description of the Drill:

- Tee set up slightly in front of the middle of the plate, shortened so that the ball rests at the bottom of the strike zone (knee level, shown below)
- Hitter sets up even with the plate, while other partner puts a ball on the tee
- Hitter hits the ball, trying to hit a low line drive back up the middle, swinging down and through and staying athletic
- Partners switch after 5 swings

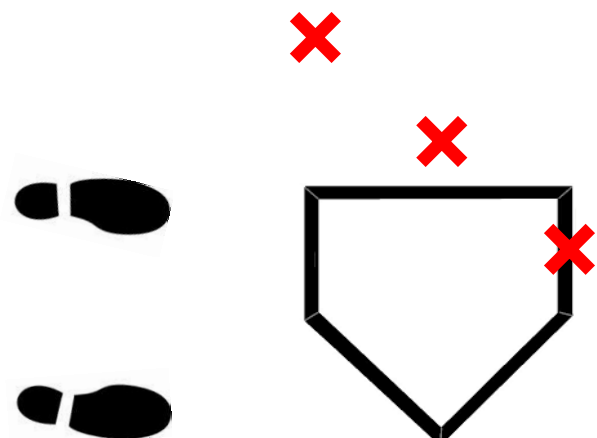
Add Difficulty:

- To add a degree of difficulty, the hitter can move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below, but still make sure to keep the tee at the bottom of the strike zone.

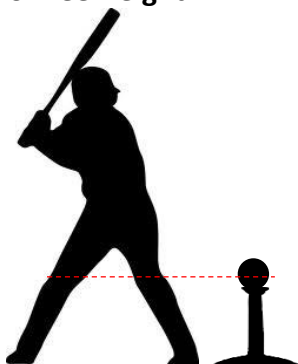
Layout of Drill:



Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)



Example of Tee Height:



No Stride Tee

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Bat, tee, baseballs, net or screen to hit into

Goal: Focus on staying balanced through the entire swing and after the follow through

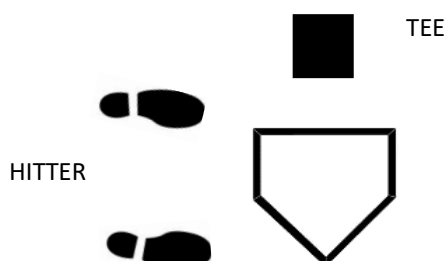
Description of the Drill:

- Tee set up in front of the middle of the plate
- Hitter sets up even with the plate, and takes a practice swing with a stride, this is the position they should stay in for the rest of the drill
- Other partner puts a ball on the tee and hitter hits the ball off the tee WITHOUT striding again
- Hitter should be focused on staying balanced throughout the entire swing and after the follow through
- Partners switch after 10 swings

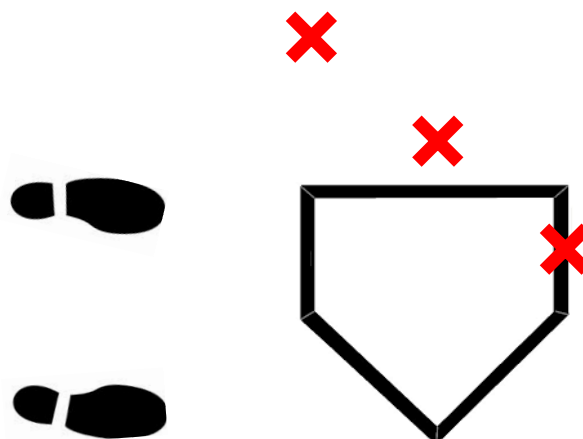
Add Difficulty:

- To add a degree of difficulty, one of the partners can stand on the other side of the plate facing their partner and throw side toss for their partner to hit while still not striding
- The partner can also throw front toss from behind a screen to their partner still not striding
- The hitter can also move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below

Layout of Drill:



Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)





Offensive Stations – Cage Work and Baserunning

Skill Set: Offense

Difficulty Level: Easy

Number of Athletes and Coaches: Athletes broken into 8 groups, 1 group per station

Average Time to Complete: 35 minutes, each station takes 5 minutes, then groups rotate stations

Equipment Required: Tee, cages, screens, baseballs, field

Goal: Focus on the fundamentals of hitting and baserunning through rotational stations.

Cage Work Stations

The following stations should be set up in cages or on open fields with a coach tossing at the Backside Angle Toss and the Random Front Toss stations.

1. Location Tee

- Set up in a cage or up against a fence.
- Tee set up in front of the middle of the plate
- Hitter sets up even with the plate, while partner places a ball on the tee
- Hitter hits the ball at the middle contact point for 3 swings, then moves the tee to the inside contact point
- Hitter hits the ball at the inside contact point for 3 swings, then moves the tee to the outside contact point
- Hitter hits the ball at the outside contact point for 3 swings, then the partners switch
- Focus should be on hitting the middle ball up the middle, the inside ball to the pull side, and the outside pitch to the opposite field
- Partners switch after 9 swings

2. Backside Angle Toss

- Set up in a cage or open field
- Screen set up 20 feet from the plate
- Hitter sets up even with the plate
- Coach sets up screen to the left side of the cage, slightly angled
- Coach underhand tosses from the left side of the screen across the middle of the plate
- Hitter tries to hit the ball back up the middle, working on timing with the coach's pitches
- Focus should be hitting the ball back up the middle, staying inside the baseball
- Partners switch after 10 swings

3. Random Front Toss

- Set up in a cage or open field
- Screen set up 30 feet from the plate
- Hitter sets up even with the plate
- Coach underhand throws the ball down at varying speeds and locations, trying to mix up pitches to keep the hitter focused

- Hitter should work on seeing the pitch out of the coach's hand
- Focus should be on identifying the speed of the pitch, strikes and taking good quality swings
- Partners switch after 10 swings

Baserunning Stations

The following stations should be set up on a field or on throw down bases, with a coach or pitcher on the pitcher's mound to simulate the windup and pitch.

4. Rounding 1st Base

- Player starts in the batter's box with a bat, other players in a line behind them against the fence of the backstop
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every hitter
- Cone set up 5 feet in foul territory from the 1st base foul line, 10 feet up the line from 1st base
- The batter swings, drops the bat, and runs to first, staying inside of the cone and striking the front inside corner of 1st base
- The runner slows down after rounding the bag, coming to a shuffle and then getting back to 1st base, then jogs to the back of the line at home plate
- Each player rotates through the line so that they each round 1st base 5 times

5. Leads from 1st Base

- Player starts on 1st base, other players in a line behind 1st base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- Rotations:
 - Player takes a basic lead (3.5 shuffle steps), pauses, then goes back to the bag and gets in the back of the line
 - Player takes an aggressive lead (4.5 shuffle steps), pauses but keeps their feet moving, then steals 2nd base
 - Player takes a basic and secondary lead (3.5 shuffle steps plus 3 more aggressive shuffles) then goes back to the bag and gets in the back of the line
 - Player takes a defensive and secondary lead (3 shuffle steps plus 3 more aggressive shuffles), pauses, then goes back to the bag and gets in the back of the line
- Each player rotates through each lead 3 times

6. Leads from 2nd Base

- Player starts on 2nd base, other players in a line behind 2nd base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- Rotations (each lead should be slightly angled back):
 - Player takes a lead (10-15 feet) shuffling their feet, pauses, then goes back to the bag and gets in the back of the line
 - Player takes a lead (10-15 feet), pauses but keeps their feet moving, then takes a couple more steps towards 3rd base when the pitcher goes to throw to the plate
 - Player takes a lead (10-15 feet), keeps shuffling further as pitcher delivers to the plate, then steals 3rd base
- Each player rotates through each lead 3 times

7. Leads at 3rd Base

- Player starts on 3rd base, other players in a line behind 3rd base

- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- One player acts as a 3rd baseman in defensive position
- Rotations (each lead should be in foul territory, and return to the bag should be in fair territory):
 - Player takes a lead (so that they are even with the 3rd baseman) shuffling their feet or walking, pauses, then goes back to the bag quickly and gets in the back of the line
 - Player takes a lead (so that they are even with the 3rd baseman), pauses but keeps their shoulders pointed towards home plate, then acts as if the ball has been hit and runs home
- Each player rotates through each lead 3 times

8. Water Break

- Players should stay hydrated and recharge during this 5-minute break between stations.



Offensive Stations – Tee and Live Hitting

Skill Set: Offense

Difficulty Level: Easy

Number of Athletes and Coaches: Athletes broken into 2 groups, 1 group per station

Average Time to Complete: 30 minutes, each station takes 15 minutes, then groups rotate stations

Equipment Required: Field, tees, baseballs, net or screen to hit into, cage, throw down bases

Goal: Focus on the fundamentals of hitting and baserunning through stations.

Offensive Stations – 30 minutes total

The following stations should be set up in a cage for tee work and on a field or open space for live hitting.

1. Location Tee – 15 minutes

- Tee set up in front of the middle of the plate
- Hitter sets up even with the plate, while partner places a ball on the tee
- Hitter hits the ball at the middle contact point for 3 swings, then moves the tee to the inside contact point
- Hitter hits the ball at the inside contact point for 3 swings, then moves the tee to the outside contact point
- Hitter hits the ball at the outside contact point for 3 swings, then the partners switch
- Focus should be on hitting the middle ball up the middle, the inside ball to the pull side, and the outside pitch to the opposite field
- Partners switch after 9 swings

2. Live Hitting – 15 minutes

- Set up a front toss screen on the field and have a coach throw front toss to the hitters.
- Players next in line to hit should be warming up in the on deck circle. All other players waiting their turn to hit should be in the dugout.
- Each hitter should get at least 10 swings off of front toss on the field.
- On the last swing of their turn, have the players run through first base, and then rotate back into the dugout to wait for another turn to hit.

Off-Speed Front Toss

Skill Set: Hitting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Screen for coach to throw behind, home plate, and a bucket of baseballs

Goal: Wait on an off-speed pitch, keep head & hands back, & drive the ball up the middle

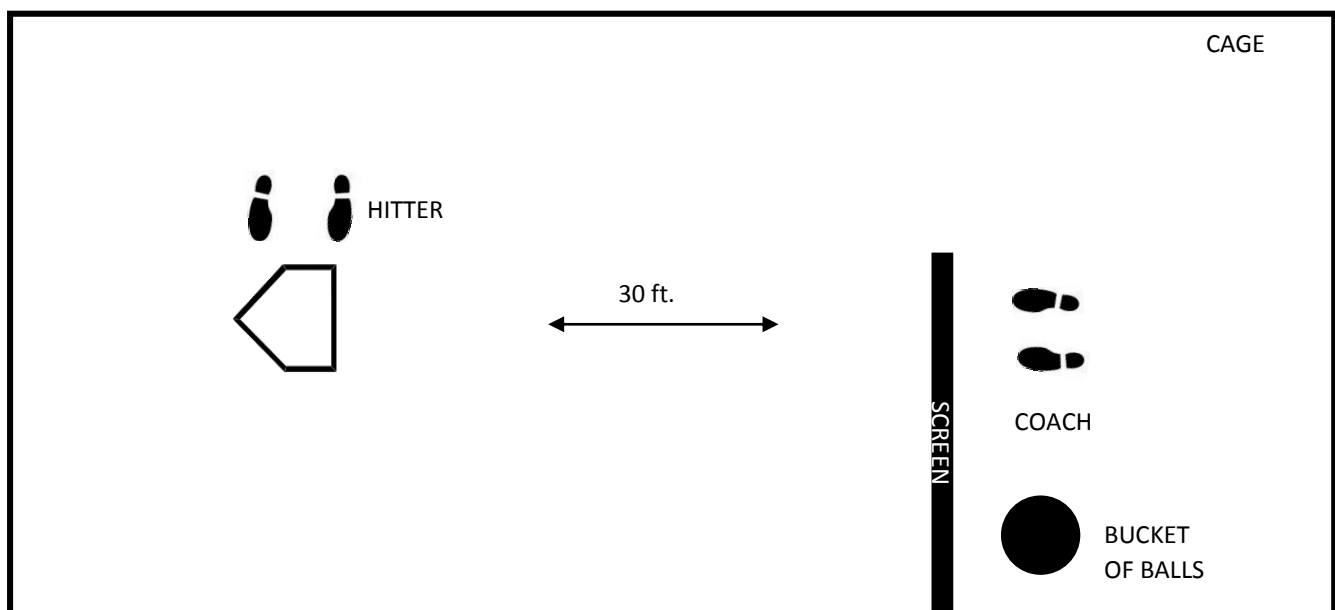
Description of the Drill:

- Screen set up 30 feet from the plate
- Hitter sets up even with the plate
- Coach underhand throws the ball down the middle of the plate at a very slow speed from behind the screen
- Hitter tries to hit the ball back up the middle, working on waiting for the ball to get to them
- Focus should be on keeping the head and hands back, and driving the ball up the middle
- Partners switch after 10 swings

Modifications:

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

Layout of Drill (cage is optional, can be done on a field):





One-Cut Hitting Competition

Skill Set: Hitting

Difficulty Level: Hard

Number of Athletes and Coaches: All hitters split into two teams, all coaches

Average Time to Complete: 15 minutes

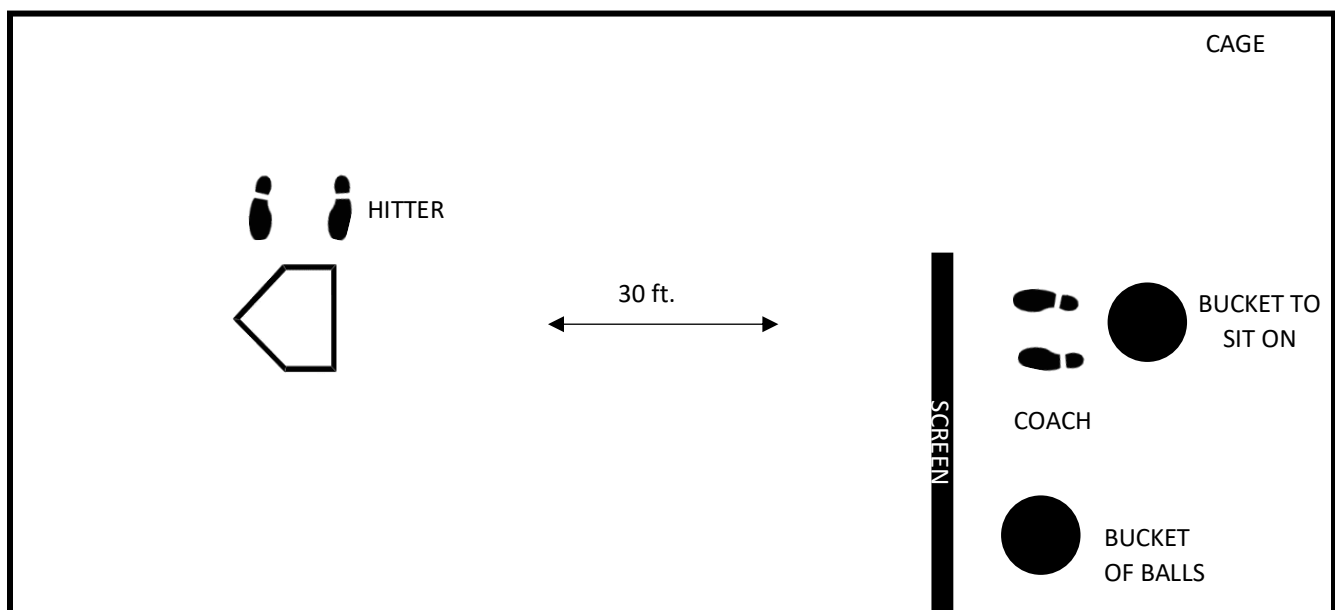
Equipment Required: Screen for coach to throw behind, home plate, and a bucket of baseballs

Goal: Execute the situation and get the job done in one swing or one bunt

Description of the Drill:

- This drill can take place in the cage or on the field
- Divide players into two teams
- Each player gets one swing or pitch from coach front toss to get a job done
- Coach decides on the situation, for example, the situation could be bunts, hit and run, runner on 2nd and no out, runner on third, or line drives
- Each team gets a point each time their batter gets the job done. Minus one point for a swing and miss.
- Coaches are the judge and keep track of points.
- The teams can go through multiple different rounds as time allows.
- To add a variation of the game, have players stay at the plate for another swing as long as they get the job done. They can keep scoring points.
- Can be done with coaches BP or pitching machine. Batters should wear helmets.

Layout of Drill (cage is optional, can be done on a field):



Outside Angle Toss

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

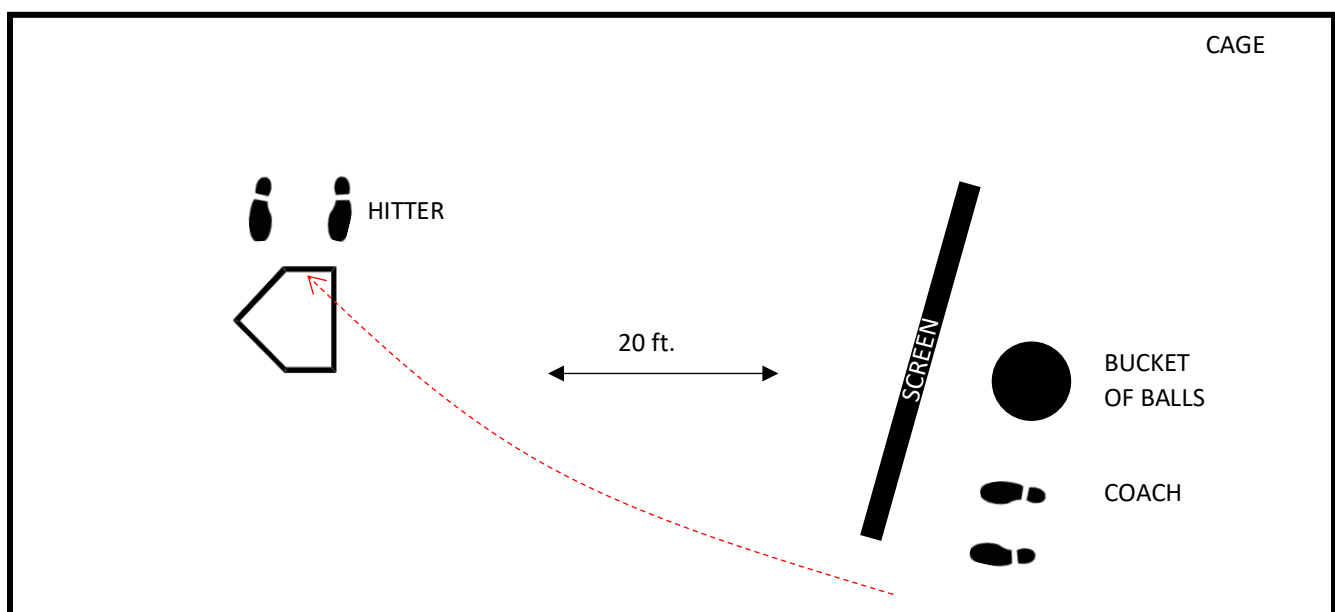
Equipment Required: Bat, screen for coach to throw behind, home plate, and a bucket of baseballs

Goal: Focus on driving the ball to the opposite field by hitting the inside of the ball

Description of the Drill:

- Screen set up 20 feet from the plate
- Hitter sets up even with the plate
- Coach sets up screen on the opposite side of the cage from the hitter, at a 45 degree angle from the hitter
- Coach underhand tosses from the outside of the screen across the middle of the plate
- Hitter tries to hit the ball to the opposite side of the field (where the ball is coming from), working keeping the stride foot in line with the back foot
- Partners switch after 10 swings

Layout of Drill (cage is optional, can be done on a field):



Outside Tee

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Bat, tee, baseballs, net or screen to hit into

Goal: Hit the ball to the opposite field and keep the stride foot in line with the back foot

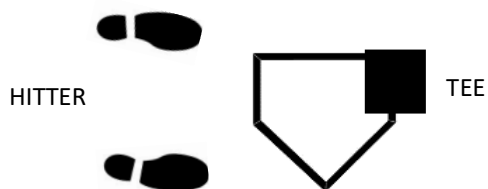
Description of the Drill:

- Tee set up in on the outside of the plate
- Hitter sets up even with the plate, while partner places a ball on the tee
- Hitter hits the ball at the outside contact point focusing on driving the ball to the opposite field while keeping their stride foot in line with their back foot, not stepping towards or away from the ball on the tee
- Partners switch after 10 swings

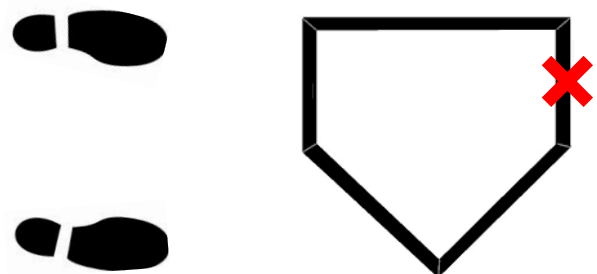
Add Difficulty:

- To add a degree of difficulty, the hitter can also move the tee to different contact point heights (low, middle, high)

Layout of Drill:



Outside Contact Point for Right Handed Hitter: (Flip for Left Handed Hitters)





Overload Bat Soft Toss

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Heavier bat, screen for coach to throw behind, home plate, and bucket of baseballs

Goal: Focus on controlling the path of the barrel with a heavier bat than normal

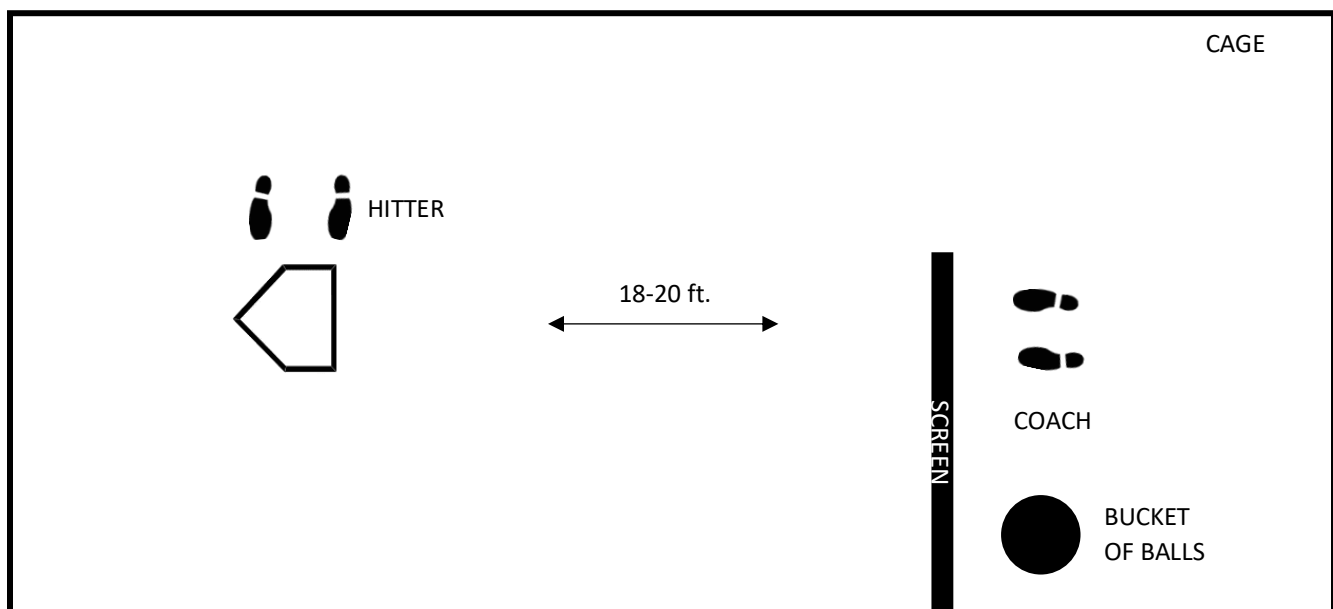
Description of the Drill:

- Screen set up 18-20 feet from the plate
- Hitter sets up even with the plate
- Coach underhand or overhand throws the ball down the middle of the plate on a line at a slow to medium speed from behind the screen
- Hitter tries to hit the ball back up the middle, using a bat that is heavier than what they normally swing
- Focus should be on good quality swings, with hitters controlling the barrel path
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

Layout of Drill (cage is optional, can be done on a field):



Random Front Toss

Skill Set: Hitting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Bat, screen for coach to throw behind, home plate, and a bucket of baseballs

Goal: Focus on identifying the pitch, strikes and taking good quality swings

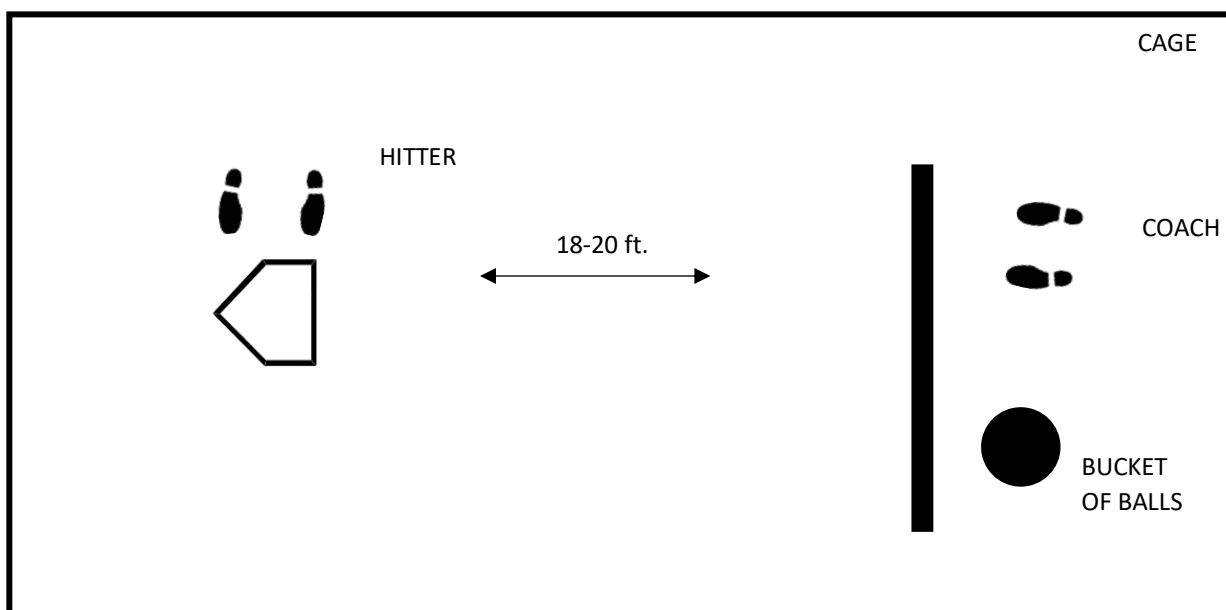
Description of the Drill:

- Screen set up 18-20 feet from the plate
- Hitter sets up even with the plate
- Coach underhand throws the ball down at varying speeds and locations, trying to mix up pitches to keep the hitter focused
- Hitter should work on seeing the pitch out of the coach's hand
- Focus should be on identifying the speed of the pitch, strikes and taking good quality swings
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

Layout of Drill (cage is optional, can be done on a field):



Using Diamond Kinetics SwingTracker Sensor and mobile App - the following metrics and tools can help you measure your swing and see improvement when doing this drill:

Max Barrel Speed

Overview: Using Barrel speed, hitters can know the maximum speed of the bat's barrel during their swing. It's measured in miles per hour, so it's easy to understand and measure improvement over time. Higher barrel speed is the main factor in producing high exit velocity after contact so the ball goes further... faster.

Top 10% of Age Groups:

- U10 Players: 49mph +
- U12 Players: 54mph +
- U14 Players: 58mph +
- U16 Players: 63mph +
- U18 Players: 69mph +
- D1 College: 72mph +

Coaching Insights:

- This is the maximum speed of the bat's barrel during a swing, at a point 20% from the tip of the bat (i.e. the sweet spot). It is the main factor in producing high exit velocity when the ball is hit. It greatly affects both the distance and speed at which the ball travels after impact.
- Keep in mind that hitters need to "square the ball up" to maximize ball exit velocity.
- Increasing barrel speed is an important goal. Improvement should be measured over time to see if there is real physical and/or swing-mechanic growth.
- Mechanics are important, but so is size & strength. So when thinking about a kid's projectability, keep in mind if a player is not done growing yet.

Approach Angle

Overview: Using the Approach Angle metric, hitters clearly know the direction of their swing plane at the moment of impact. While the optimal Approach Angle is dependent on the type of pitch, it typically needs to be between +5° degrees and +15° degrees in order to hit a line drive and between +20° and +35° degrees in order to hit a home run.

Optimal Ranges by Type of Batter:

- For U10-14 players learning to hit line-drives: +6 to +10
- For U15-18 player who want to hit line-drives: +11 to +19
- For U15-18 power hitters who have strength & ability to hit deep: +20 to +35

Coaching Insights:

- Consider that a pitch is coming "downhill" from the mound at a -6° degree to -8° degree angle. To counter that, a batter should be making contact at an upward angle to "match the plane of the pitch" at a minimum.
- If you have a kid who is hitting a lot of ground balls – look at the approach angle and work drills to get the point of contact happening at a positive angle.
- When you marry Approach Angle with Distance in the Zone, you might see why a kid is popping up too much or fouling off.
- When hitting off a tee or even soft toss, you'd hope to see fairly consistent Approach Angles swing-by-swing, but when doing BP or facing live pitching, you will see a bigger range because the hitter has to "go get" the pitch (and that's OK).

Distance in the Zone

Overview: Using the Distance in the Zone metric, hitters can determine when their barrel is entering and leaving the hitting zone. The longer the barrel stays in the hitting zone, the better chance the player has to make consistent, solid contact. This is clearly depicted in the 3D viewer as the blue portion of the swing path.

Optimal Ranges by Age:

- U10-14: Good is 29-32 inches
- U15-18: Good is 31-34 inches
- College-Pro: Good is 33-37 inches

Coaching Insights:

- Having a swing that maintains a good Distance in The Zone gives the batter a better chance of making contact with the pitch. It also means the swing is "more forgiving"
- Having a good Distance In The Zone can account for small errors in timing because there is more "space" for the batter to make contact and still put the ball in play.
- This metric can help coaches identify loopy swings based on how early the barrel enters the zone and if there is a 'hard-turn' coming out of the zone.
- Additionally, based on where contact is most often made, it can help identify if a hitter is having issues with timing up the pitch.

Rapid Fire Toss

Skill Set: Hitting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

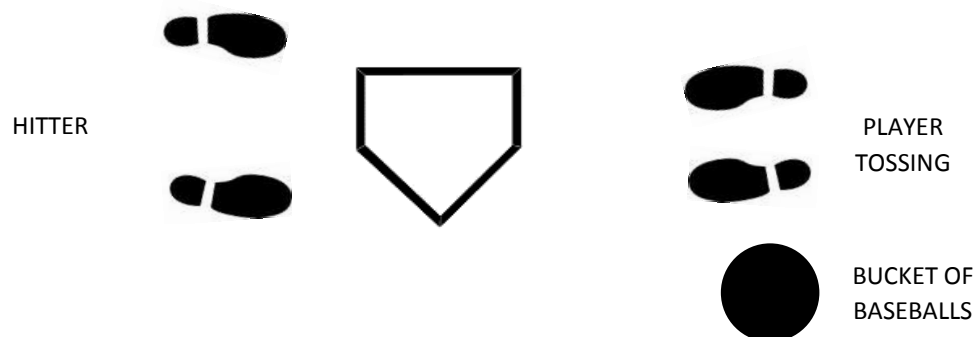
Equipment Required: Bucket of baseballs, bat

Goal: Hit the ball up the middle working on quick hands and a good bat path to the ball

Description of the Drill:

- Hitter sets up even with the plate, while partner kneels on the other side of the plate
 - Partner side tosses 10 balls in a row, allowing only enough time for the hitter to get reset after every toss (this should be done quickly)
 - Hitter focuses on quick hands to the ball and good bat paths, hitting the balls up the middle
 - Partners switch after 10 swings
 - If players are getting tired from swinging so quickly, limit the repetitions to 5 or give more time between tosses
-

Layout of Drill:



Rhythm Tee

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Tee, baseballs, net or screen to hit into

Goal: Focus on using momentum from the steps to drive the ball up the middle

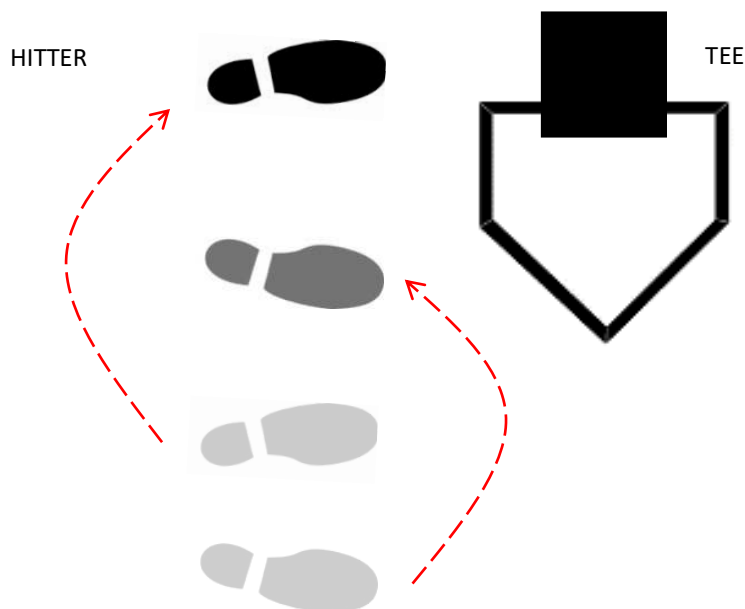
Description of the Drill:

- Tee set up slightly in front of the middle of the plate
- Hitter sets up two steps back from the plate (toward the catcher position)
- Hitter crosses their back foot in front of their front foot, staying square to the plate
- Hitter then steps with the front foot into the normal area of their batting stance
- As front foot moves forward towards the pitcher, the weight should be shifted onto the back foot as the load, and the front foot should stride into the normal stride position
- Hitter then tries to hit the ball back up the middle, using the momentum from the steps
- If hitter is having a difficult time walking into their stance, they can start in front of the tee and step back onto their back leg as well (footwork as stated above but opposite)
- Partners switch after 5 swings

Add Difficulty:

- To add a degree of difficulty, a coach can front toss to the hitter as the hitter continues to keep the same rhythm footwork, timing the steps with the pitch.
-

Layout of Drill:



Sacrifice Bunt

Skill Set: Bunting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-4 athletes and 1 coach, or 3-4 athletes as a group

Average Time to Complete: 10 minutes

Equipment Required: Throw down base, at least 5 baseballs, helmet, bat

Goal: Bunt the ball down on the ground, making it stop before reaching the tosser

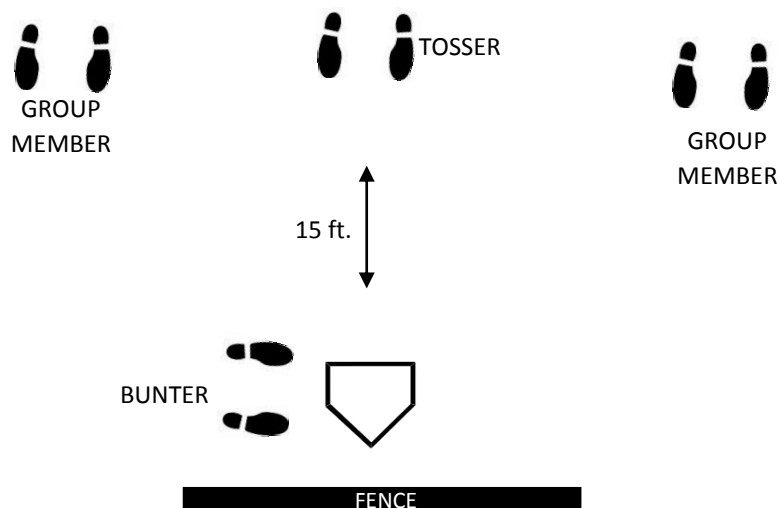
Description of the Drill:

- Throw down plate set up with fence as backstop
- Bunter sets up even with the plate, gets down on one knee (back leg is down on knee)
- One group member/coach stands 15 feet in front of bunter and tosses ball underhand at a slow to medium speed down the middle of the plate
- Other group member(s) gather the balls as they are bunted
- Bunter should show bunt early, before the tosser throws the ball
- Bunter focuses on keeping the bat at the top of the strike zone (chest level) with the barrel slightly higher than the hands, and bunting the ball on the ground, making it stop rolling before reaching the tosser
- Top hand should be slid to the bottom of the barrel and the bottom hand should be at the bottom of the grip
- Partners switch after 5 bunts

Add Difficulty:

- To add a degree of difficulty, the tosser can toss the ball inside, outside, low, and high
- The bunter should always bunt the ball on the ground, not popping it up.

Layout of Drill:



Safety Squeeze

Skill Set: Bunting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-4 athletes and 1 coach, or 3-4 athletes as a group

Average Time to Complete: 10 minutes

Equipment Required: Throw down base, at least 5 baseballs, helmet, bat

Goal: Show bunt late, bunt the ball on the ground no matter if it is a ball or a strike

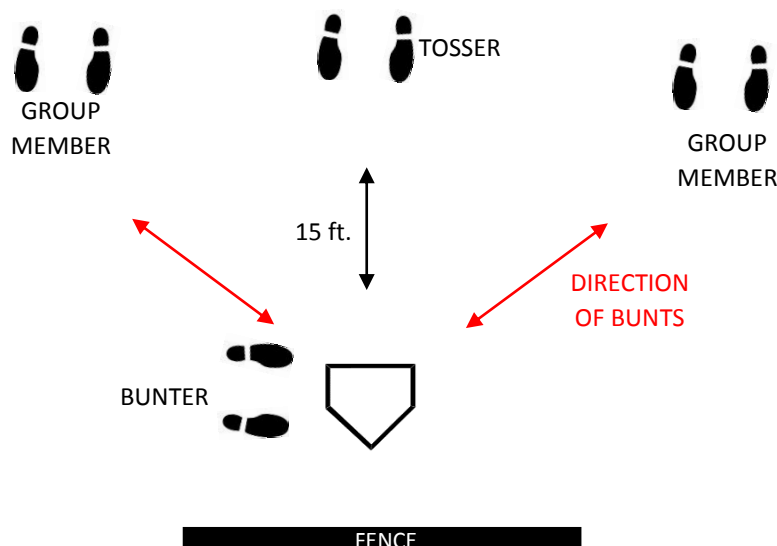
Description of the Drill:

- Throw down plate set up with fence as backstop
- Bunter sets up even with the plate, standing
- One group member/coach stands 15 feet in front of bunter and tosses ball underhand at a slow to medium speed down the middle of the plate
- Other group member(s) gather the balls as they are bunted
- Bunter squares to bunt after the ball has been thrown by the tosser, as late as possible
- Bunter focuses on keeping the bat at the top of the strike zone (chest level) with the barrel slightly higher than the hands, and bunting the ball in fair territory, no matter if the pitch is a ball or strike
- Top hand should be slid to the bottom of the barrel and the bottom hand should be at the bottom of the grip
- Partners switch after 5 bunts

Add Difficulty:

- To add a degree of difficulty, the tosser can toss the ball inside, outside, low, and high
- The bunter should always bunt the ball on the ground, not popping it up.

Layout of Drill:



Scissor Tee and Soft Toss

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Bat, tee, baseballs, net or screen to hit into

Goal: Focus on keeping the front leg firm and planted throughout the swing

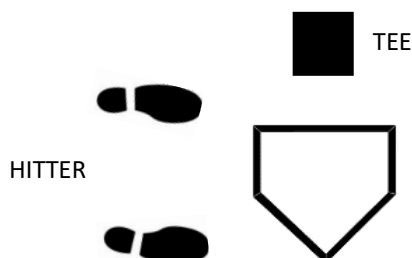
Description of the Drill:

- Tee set up in front of the middle of the plate
- Hitter sets up even with the plate, while partner places a ball on the tee
- Hitter starts with 75% swings
- After hitter makes contact, the back foot should step behind the front heel
- The focus should be on keeping the front leg firm throughout the swing and feeling the weight against the front knee
- Once the hitter feels comfortable with this movement, they can perform 100% swings with the scissor step movement
- Partners switch after 10 swings

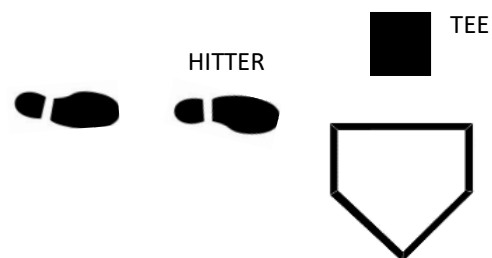
Add Difficulty:

- To add a degree of difficulty, the partner can throw soft toss to the hitter.

Layout of Drill:



Hitter Scissor Footwork:





Short Base Team Bunt Drill

Skill Set: Bunting- Team Defense

Difficulty Level: Hard

Number of Athletes and Coaches: Full team divided into two teams (no outfielders needed) and one coach

Average Time to Complete: 20 minutes

Equipment Required: Catchers gear, infield with gloves, throw-down bases at 60 feet (or actual bases)

Goal: Offense- Try to score runs using bunts, Defense- Communicate and get offense out

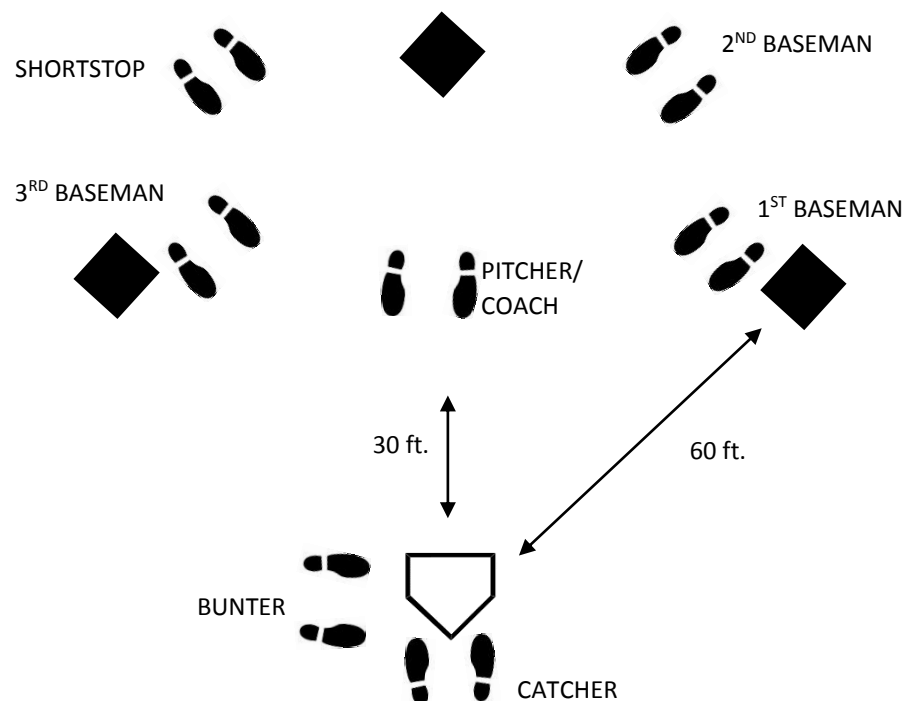
Description of the Drill:

- Throw down bases set up at 60 feet apart in the outfield, or the infield of a 60 foot base field
- One team is on offense (only bunting), the other team is on defense (only in the infield)
- Coach or player pitches from 30 feet away at a medium speed
- Offense bunts the ball using sacrifice, drag, safety squeeze, and push bunts trying to get runners on base to score them
- Defense plays bunt defense and tries to get offense out, but cannot move until ball is bunted
- Defense and offense switch after all bunters have bunted once
- This drill can be done anywhere there is enough space (outfield, in a gym, in an open field)

Add Difficulty:

- To add a degree of difficulty, infield can start further back, offense can be thrown varying pitches
- The bunter should always bunt the ball on the ground, not popping it up.

Layout of Drill:





Short Bat Bottom Hand Front Toss

Skill Set: Hitting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Screen for coach to throw behind, home plate, bucket of baseballs, short 28" bat

Goal: Focus on getting the barrel of the bat to the ball and hit it back towards the coach

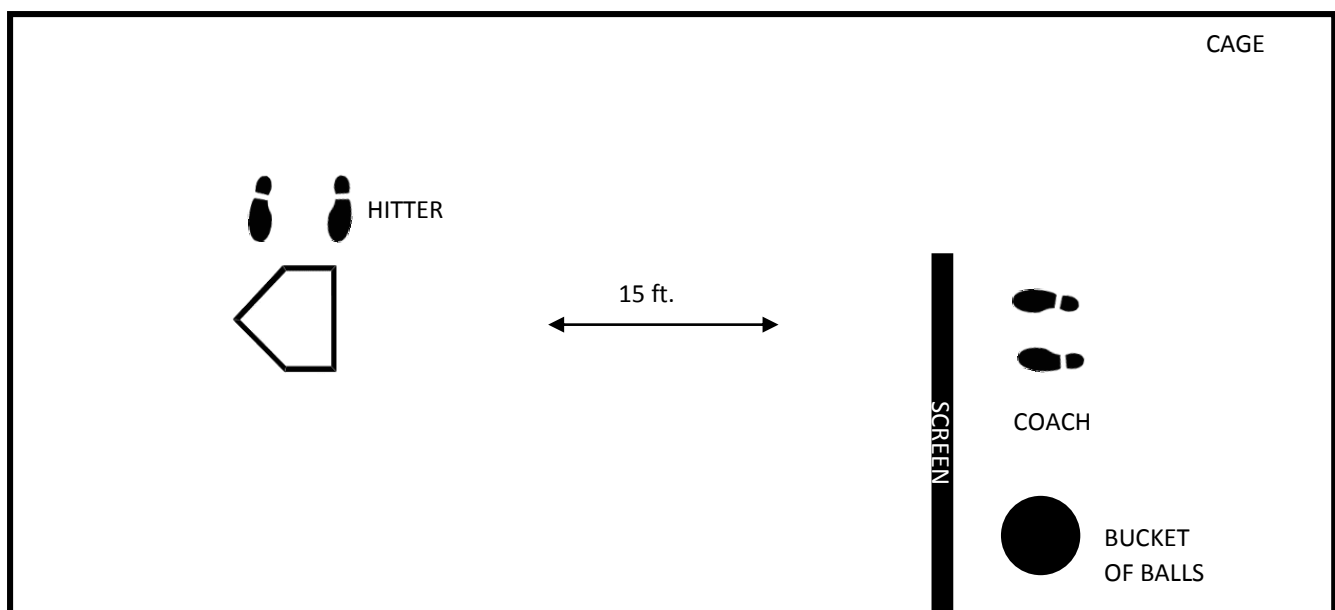
Description of the Drill:

- Screen set up 15 feet from the plate
- Hitter sets up even with the plate, holding the short bat with their bottom hand
- Hitter should place top hand on their front shoulder
- Coach underhand throws the ball down the middle of the plate on a line at a slow to medium speed from behind the screen
- Hitter hits the ball with the short bat with their bottom hand only
- Focus should be on getting the barrel of the bat to the ball and hitting it back towards the coach
- Partners switch after 10 swings
- This drill can also be done off of a tee

Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside

Layout of Drill (cage is optional, can be done on a field):



Short Bat Bottom Hand

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Tee, baseballs, net or screen to hit into, short bat (28")

Goal: Hit line drives back up the middle, control barrel of the bat, keep shoulder closed

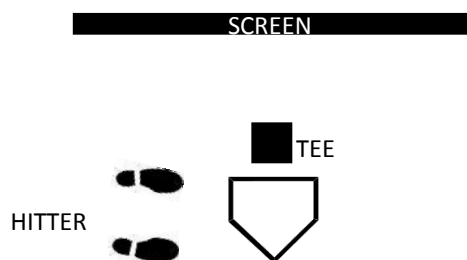
Description of the Drill:

- Tee set up slightly in front of the middle of the plate
- Hitter sets up even with the plate, while other partner puts a ball on the tee
- Hitter gets ready, holds the short bat with the hand closest to the knob of the bat (bottom hand)
- Hitter places other hand (top hand) across chest on front shoulder to keep shoulder closed
- Swinging with one hand, the hitter tries to hit the ball on a line back up the middle
- Partners switch after 5 swings

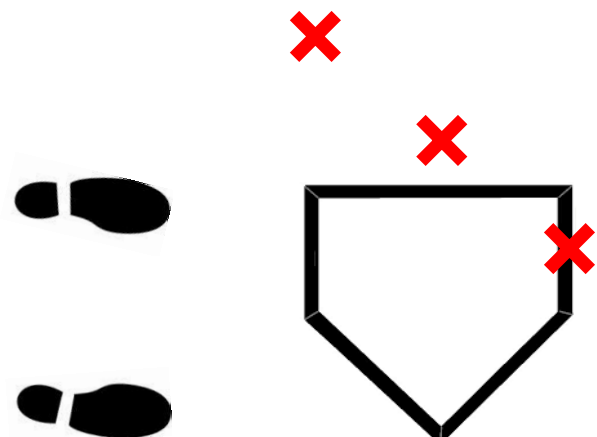
Add Difficulty:

- To add a degree of difficulty, the hitter can move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

Layout of Drill:



Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)





Short Bat Top Hand Front Toss

Skill Set: Hitting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Screen for coach to throw behind, home plate, bucket of baseballs, short 28" bat

Goal: Focus on getting the barrel of the bat to the ball and hit it back towards the coach

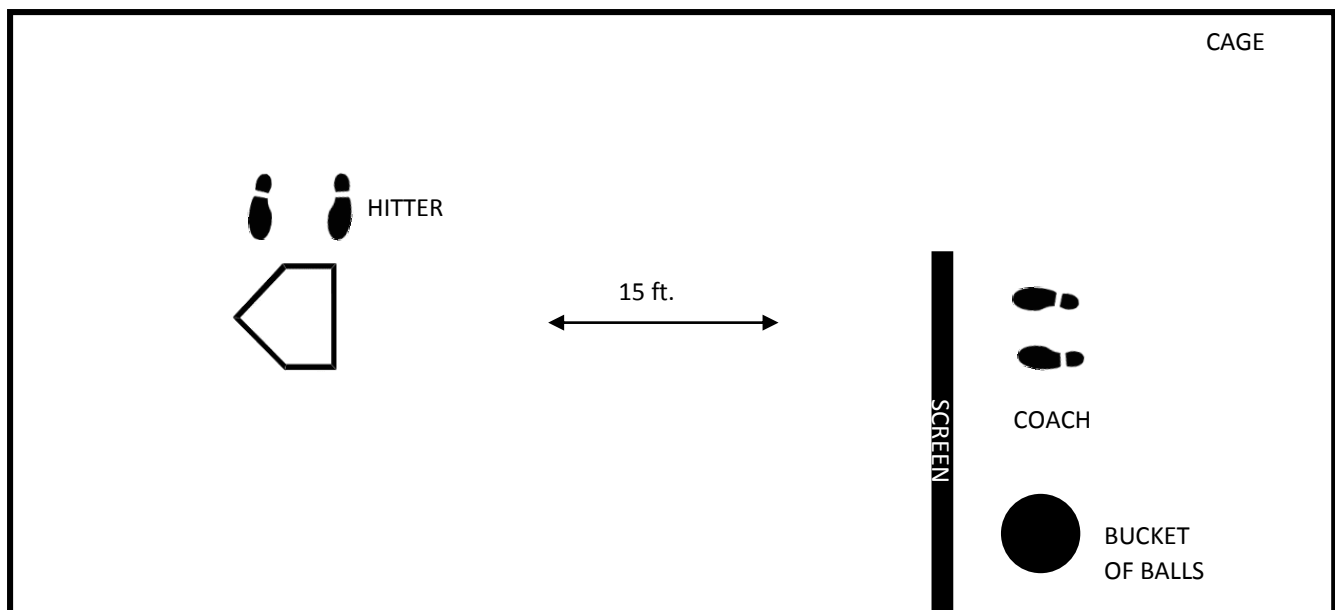
Description of the Drill:

- Screen set up 15 feet from the plate
- Hitter sets up even with the plate, holding the short bat with their top hand
- Hitter should place bottom hand on their back shoulder
- Coach underhand throws the ball down the middle of the plate on a line at a slow to medium speed from behind the screen
- Hitter hits the ball with the short bat with their top hand only
- Focus should be on getting the barrel of the bat to the ball and hitting it back towards the coach
- Partners switch after 10 swings
- This drill can also be done off of a tee

Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside

Layout of Drill (cage is optional, can be done on a field):



Short Bat Top Hand

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Tee, baseballs, net or screen to hit into, short bat (28")

Goal: Hit line drives back up the middle, extend the swing through the zone

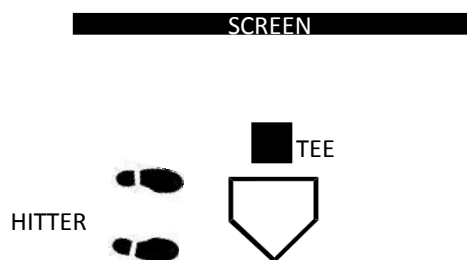
Description of the Drill:

- Tee set up slightly in front of the middle of the plate
- Hitter sets up even with the plate, while other partner puts a ball on the tee
- Hitter gets ready, holds the short bat with the hand closest to the barrel of the bat (top hand)
- Hitter places other hand (bottom hand) behind back or across chest on back shoulder
- Swinging with one hand, the hitter tries to hit the ball on a line back up the middle
- Partners switch after 5 swings

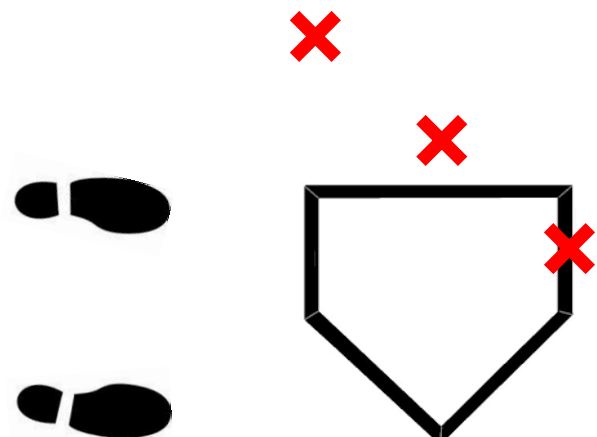
Add Difficulty:

- To add a degree of difficulty, the hitter can move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

Layout of Drill:



Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)



Side Toss

Skill Set: Hitting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

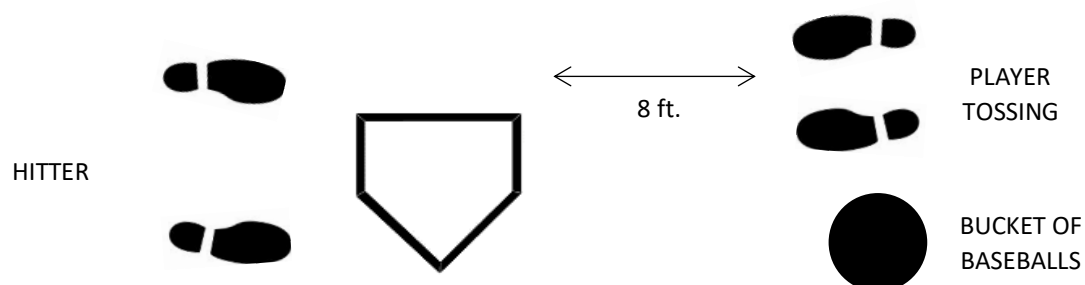
Equipment Required: Bucket of baseballs, bat, helmets

Goal: Focus on loading, staying behind the ball, and hitting the ball up the middle

Description of the Drill:

- Hitter sets up even with the plate, while partner kneels on the other side of the plate about 8 feet away
- Partner tosses a ball to the front part of the plate
- Hitter should load, stay behind the ball, and make contact with the ball just in front of the front hip.
- Partners switch after 10 swings

Layout of Drill (for a right handed hitter):



Soft Toss

Skill Set: Hitting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach

Average Time to Complete: 10 minutes

Equipment Required: Screen for coach to throw behind, home plate, bucket of baseballs, bat

Goal: Focus on timing of swing, location of the ball and isolating proper contact points

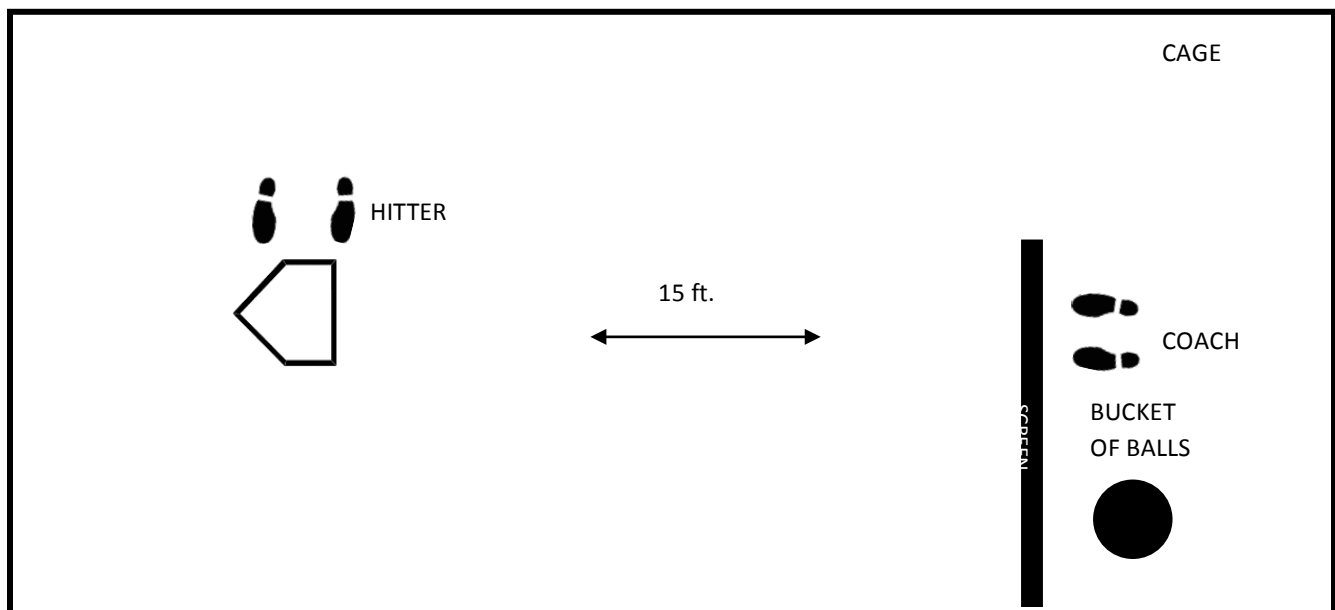
Description of the Drill:

- Screen set up 15 feet from the plate.
- Batter gets into hitting stance, setting up even with the plate.
- Coach underhand throws the ball down the middle of the plate on a line at a slow to medium speed from behind the screen.
- Batter hits the ball where it is pitched, with a focus on timing, location and isolating proper contact points.
- Hitters take 10 swings and rotate.

Add Difficulty:

- To add a degree of difficulty, coaches can throw side toss from just outside the opposite batter's box, with pitches farther inside and farther outside.

Layout of Drill (cage is optional, can be done on a field):



Stance Distance Check

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1 athlete and 1 coach

Average Time to Complete: 1 minute

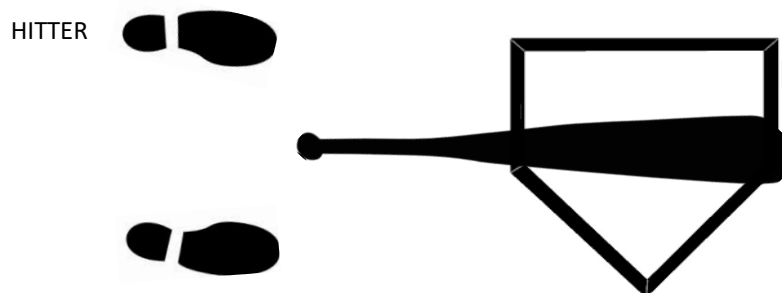
Equipment Required: Bat and home plate

Goal: Learn where to stand in relation to the plate by using the bat to measure distance

Description of the Drill:

- Hitter sets up in their normal spot in the batter's box
 - Hitter should hold the bat in their hands, with their elbows against their stomach, with the bat held out over the plate about waist high
 - Hitter drops the bat straight down on the plate
 - The barrel of the bat should cover the plate
 - If the bat goes over the outside of the plate or does not touch the outside of the plate, the batter should move their stance away from or toward the plate
 - This is the ideal distance the hitter should stand from the plate
-

Layout of Drill:





Team Bunting Stations

Skill Set: Bunting

Difficulty Level: Medium

Number of Athletes and Coaches: Full team and 2 coaches

Average Time to Complete: 20 minutes

Equipment Required: 4 throw down bases, at least 5 baseballs at each station (20 total), helmets, bats

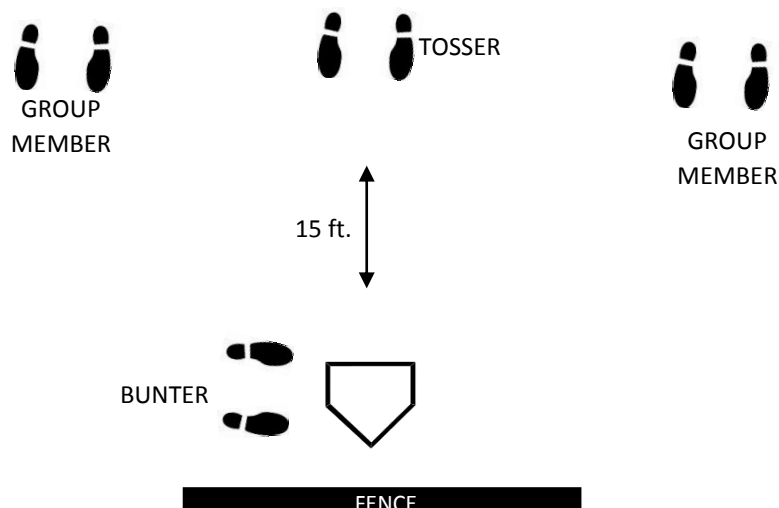
Goal: Execute each type of bunt at each station, focusing on bunting on the ground

Description of the Drill:

- 4 throw down bases spread out in the outfield with the fence as the back stop
 - Team splits into 4 groups and each group goes to a different station
 - Bunting stations are: Sacrifice, Safety Squeeze, Push, and Drag bunt
 - 1 group member bunts while 1 tosses bunts, the other group members shag the bunts
 - Groups rotate bunters after ever 5 balls bunted within their station
 - Groups rotate to another bunting station after 5 minutes, on the coaches command
 - To add a degree of difficulty, the tosser can toss the ball inside, outside, low, and high
-

Layout of Drill:

4 stations along the outfield fence



Tees with Timing

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Tee, baseballs, net or screen to hit into

Goal: Focus on rhythm of the hitter with the pitcher and driving the ball up the middle

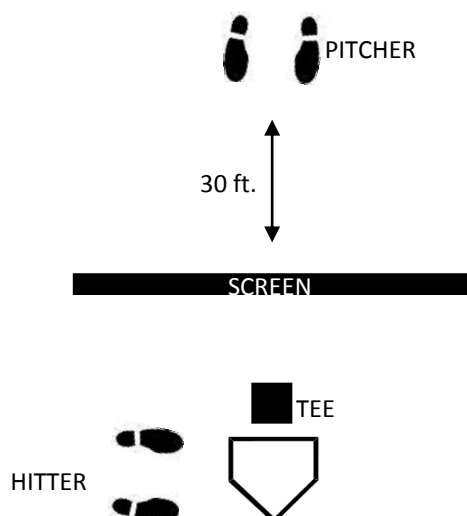
Description of the Drill:

- Tee set up slightly in front of the middle of the plate
- Hitter sets up even with the plate, while other partner puts a ball on the tee
- Hitter gets ready, looks forward to visualize a pitcher
- Hitter visualizes the pitcher throwing the ball, then focuses on the ball on the tee
- Hitter then tries to hit the ball back up the middle
- Partners switch after 5 swings

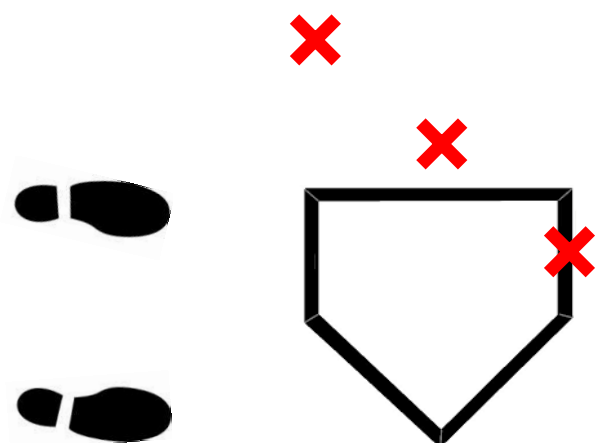
Add Difficulty:

- To add a degree of difficulty, one of the partners can stand 30 feet away on the other side of the net the players are hitting into (shown below) and go through a dry pitch like a pitcher (without a ball), this gives the hitter a real visual of a pitcher
- The pitcher can go through dry motions for a full wind-up, side-step, and the stretch positions
- The hitter can also move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below

Layout of Drill (pitcher is optional):



Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)



Three-Plate Front Toss

Skill Set: Hitting

Difficulty Level: Hard

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Screen for coach to throw behind, 3 home plates, and a bucket of baseballs

Goal: Keep good rhythm and timing with the pitcher at each plate distance

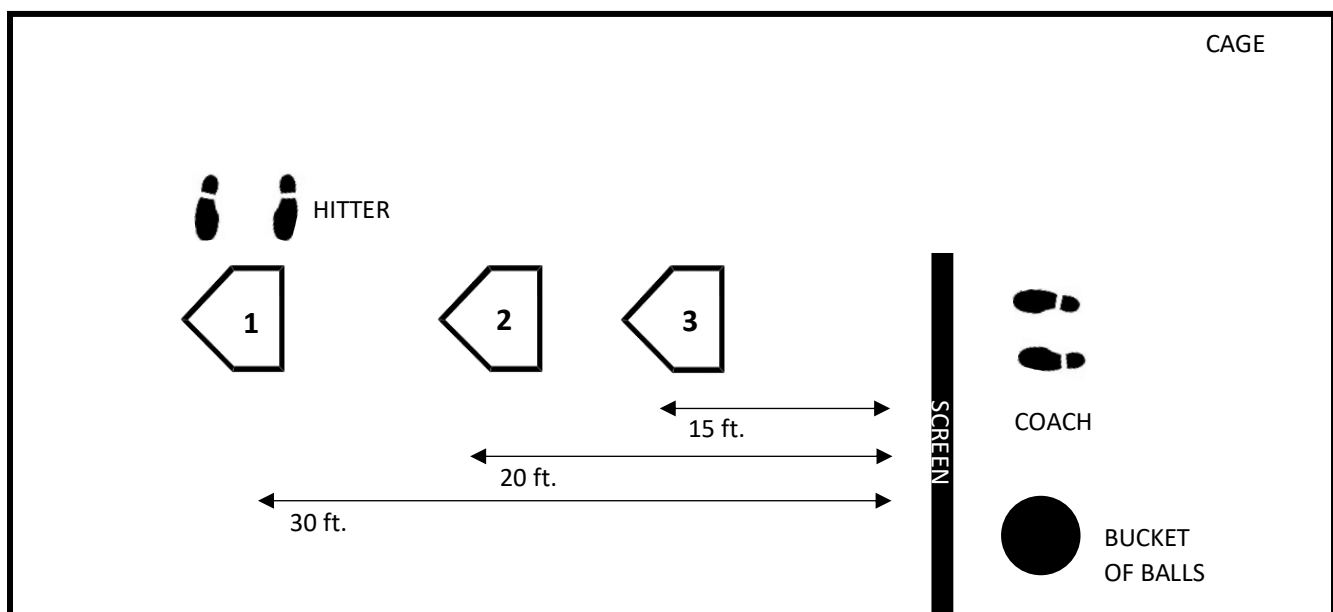
Description of the Drill:

- Screen set up 30 feet from the plate, plates are set at roughly 30, 20, and 15 feet away from the screen (shown below)
- Hitter sets up even with the furthest plate (plate 1)
- Coach throws overhand at a consistent speed, no matter what plate the hitter is hitting from
- Hitter gets 3 swings at a plate, then moves to another (order of plates hit from does not matter)
- Focus should be on keeping rhythm and timing with the coach as they pitch and hitting the ball back up the middle
- Partners switch after rotating to all plates twice

Add Difficulty:

- To add a degree of difficulty, hitters can rotate plates after every swing

Layout of Drill (cage is optional, can be done on a field):



Throw the Bat

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

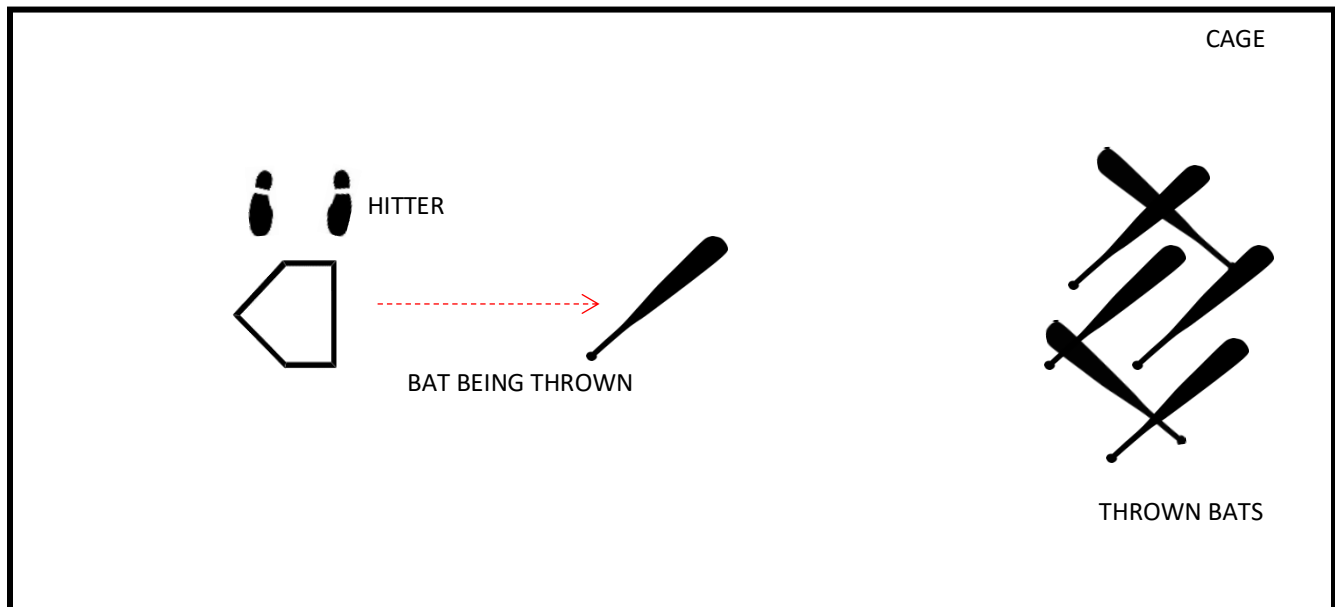
Equipment Required: Old bats, cage or open area, helmet

Goal: Throw the hands through the swing, focusing on throwing the bat up the middle

Description of the Drill:

- Hitter should set up in a cage or on an open field away from other players
- Hitter and all players should wear helmets at all times
- Hitter swings old bat, letting go of the bat at the contact point and following through as normal without the bat
- Hitter tries to throw the bat back up the middle as hard as possible without altering their swing path
- If the hitter is throwing the bat to either side of the cage, adjustments should be made to the contact (release) point and the follow through
- Partners switch after 10 swings

Layout of Drill (cage is optional, can be done on a field):



Top Drop Drill

Skill Set: Hitting

Difficulty Level: Medium

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Bucket of baseballs, bat, chair

Goal: Hit the ball up the middle working on hand-eye coordination and reaction time

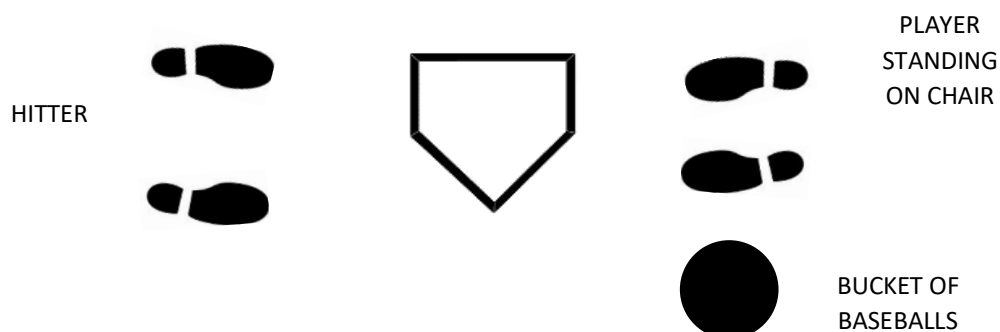
Description of the Drill:

- Hitter sets up even with the plate, while partner or coach stands on a bucket on the other side of the plate
- Partner holds a ball at their shoulder height, above the front of the plate
- Partner then drops the ball straight down
- Hitter should be watching the dropped ball and try to hit it back up the middle
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, the partner can drop the ball from a lower distance
-

Layout of Drill:



Top Hand Tee

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Tee, baseballs, net or screen to hit into, (short bat can be used)

Goal: Hit line drives back up the middle, extend the swing through the zone

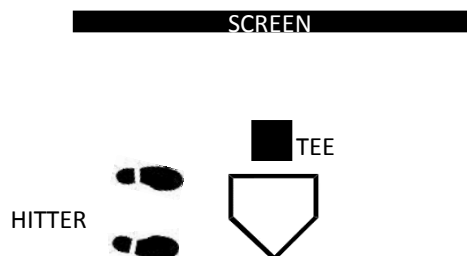
Description of the Drill:

- Tee set up slightly in front of the middle of the plate
- Hitter sets up even with the plate, while other partner puts a ball on the tee
- Hitter gets ready, hold bat with the hand closest to the barrel of the bat (top hand)
- Hitter places other hand (bottom hand) behind back or across chest on back shoulder
- Swinging with one hand, the hitter tries to hit the ball on a line back up the middle
- If the bat is too heavy to control with one hand, the hitter may slide their hand up on the bat
- Partners switch after 5 swings
- A short 28" bat can also be used for this drill

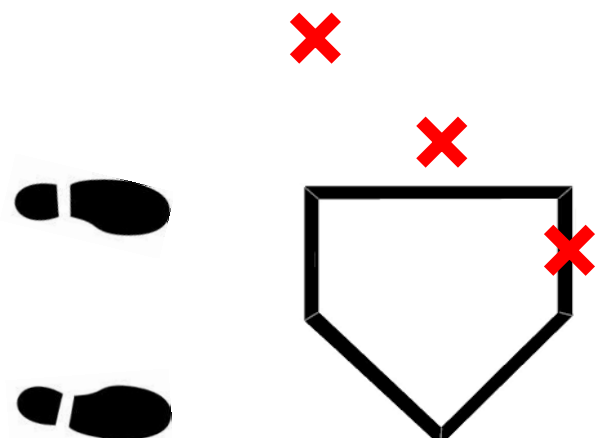
Add Difficulty:

- To add a degree of difficulty, the hitter can move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

Layout of Drill:



Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)



Two-Ball Front Toss

Skill Set: Hitting

Difficulty Level: Hard

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Screen for coach to throw behind, home plate, and a bucket of baseballs

Goal: Stay composed as a hitter, hit the inside of the ball on the best pitch of the two

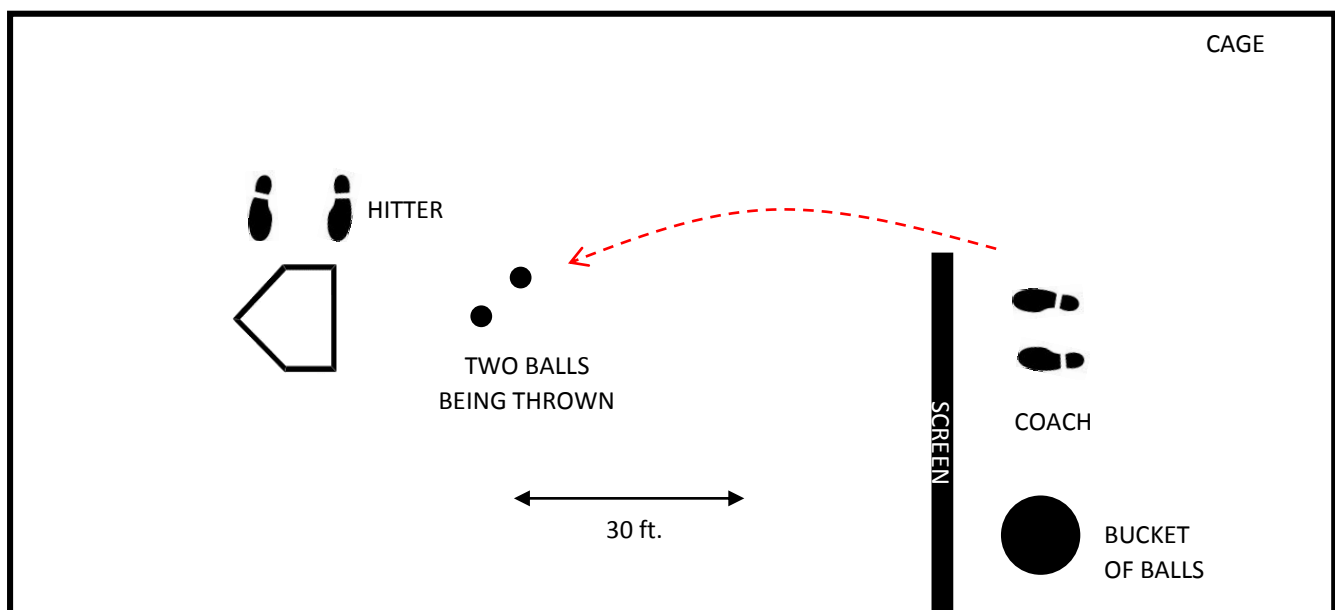
Description of the Drill:

- Screen set up 30 feet from the plate
- Hitter sets up even with the plate
- Coach underhand throws two balls at the same time (with one hand) at a slow to medium speed down the middle of the plate from behind the screen
- Hitter tries to hit the best pitch of the two, driving the ball back up the middle
- Focus should be hitting the better pitch of the two and hitting the inside of the ball
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

Layout of Drill (cage is optional, can be done on a field):





Underload Bat Soft Toss

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Light bat, screen for coach to throw behind, home plate, and a bucket of baseballs

Goal: Focus on controlling the path of the barrel of the bat with a lighter bat than normal

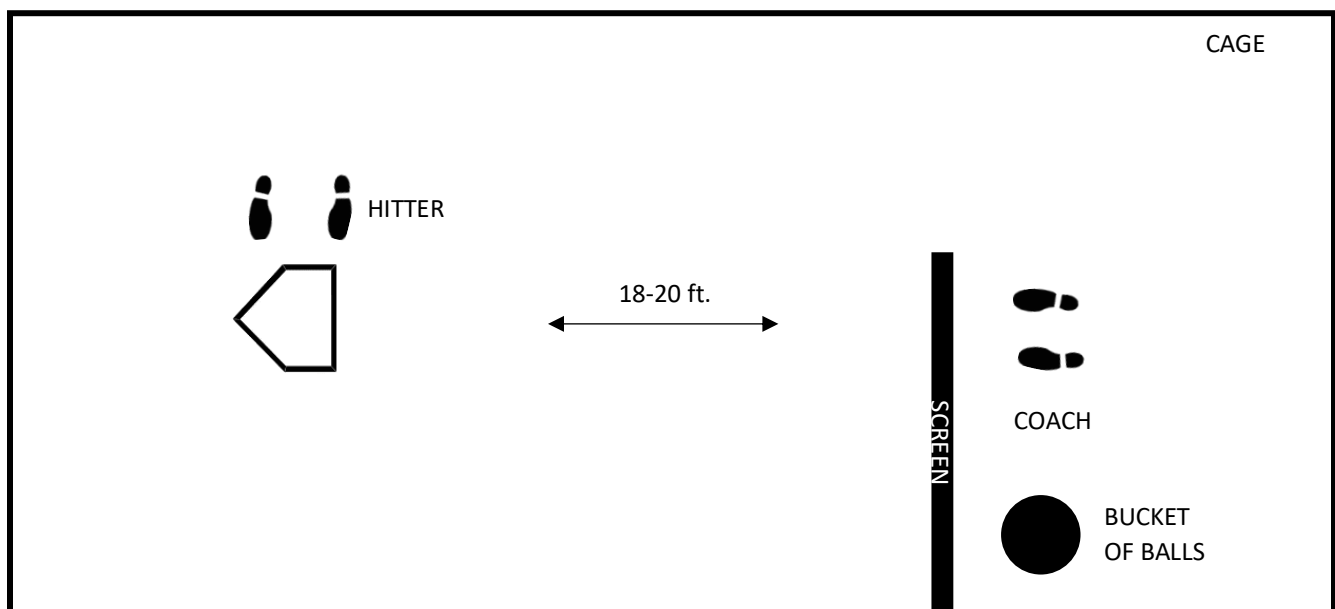
Description of the Drill:

- Screen set up 18-20 feet from the plate
- Hitter sets up even with the plate
- Coach underhand or overhand throws the ball down the middle of the plate on a line at a slow to medium speed from behind the screen
- Hitter tries to hit the ball back up the middle, using a bat that is lighter than what they normally swing
- Focus should be on good quality swings, with hitters controlling the barrel path
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

Layout of Drill (cage is optional, can be done on a field):





Whiffle Ball Toss

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Bat, bucket or bag of small whiffle balls or plastic golf balls

Goal: Focus on hand-eye coordination and hitting line drives back towards the coach

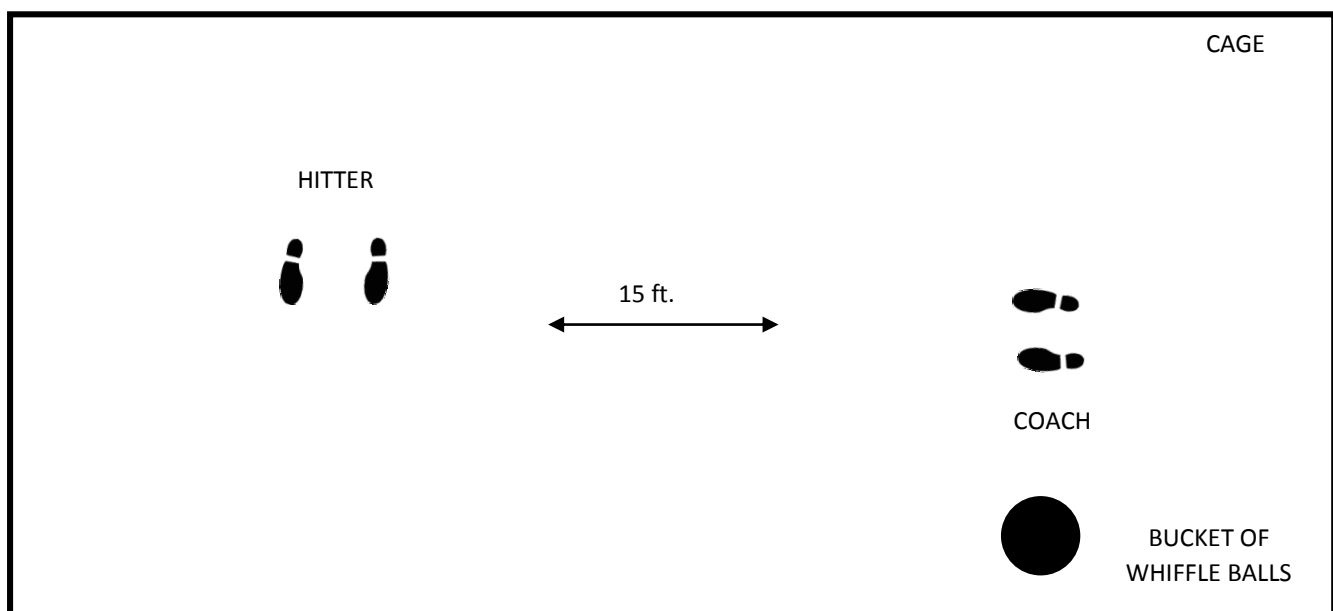
Description of the Drill:

- Hitter sets up in hitting stance in open area, coach 15 feet in front of them
- Coach underhand throws the whiffle ball or plastic golf ball down the middle of the plate on a line
- Hitter hits the whiffle ball or plastic golf ball
- Focus should be on hand-eye coordination and hitting line drives back towards the coach
- Partners switch after 10 swings
- If done in an open space, other players can pick up the whiffle balls while the coach tosses

Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside
- To add a degree of difficulty, hitters can use their top or bottom hands separately to hit

Layout of Drill (cage is optional, can be done on a field):



Wrist Strength Tee

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Tee, baseballs, net or screen to hit into, short bat (28"), small bat weight

Goal: Hit line drives back up the middle, working on building wrist strength

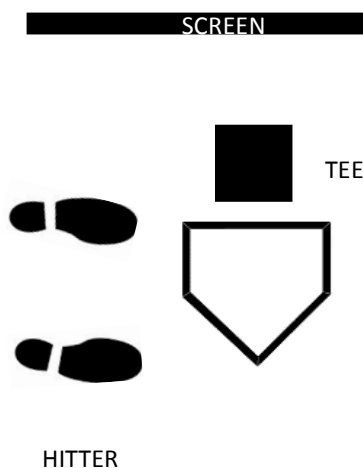
Description of the Drill:

- Tee set up slightly in front of the middle of the plate
- Hitter sets up even with the plate, while other partner puts a ball on the tee
- Hitter gets ready, holds the short bat with the weight on it with the hand closest to the barrel of the bat (top hand)
- Hitter places other hand (bottom hand) behind back or across chest on back shoulder
- Swinging with one hand, the hitter tries to hit the ball on a line back up the middle, working on wrist strength
- Hitters switch hands on the bat after 5 swings, partners switch after 10 total swings

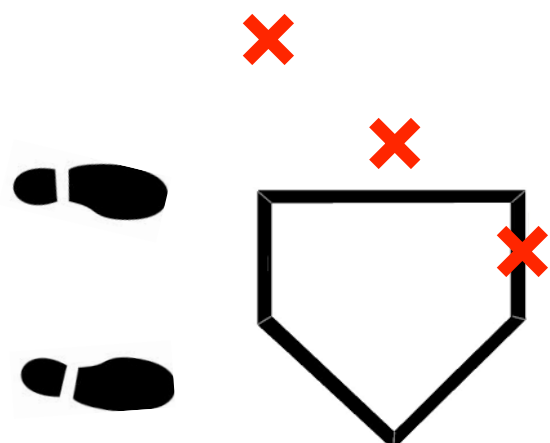
Add Difficulty:

- To add a degree of difficulty, the hitter can move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

Layout of Drill:



Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)



1-2-3 Drill

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 10 minutes

Equipment Required: Tee, baseballs, net or screen to hit into

Goal: Load so that weight is shifted mostly to back foot, stride while staying balanced

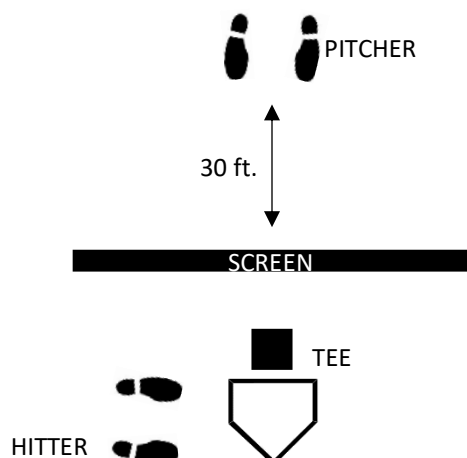
Description of the Drill:

- Tee set up slightly in front of the middle of the plate
- Hitter sets up even with the plate, while other partner puts a ball on the tee
- Hitter gets ready, looks forward to visualize a pitcher
- Partner then calls out “1, 2, 3” pausing after each number, on each number hitter will:
 - 1: Hitter loads shifting weight to back foot
 - 2: Hitter strides while staying balanced, hands separate to move back from the shoulder
 - 3: Hitter swings and hits the ball
- Hitter tries to hit the ball back up the middle
- Partners switch after 5 swings

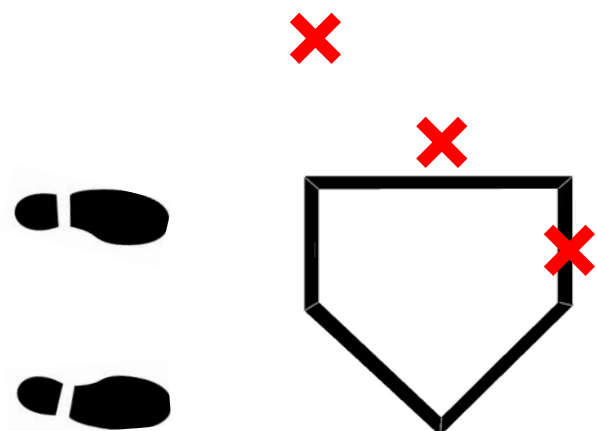
Add Difficulty:

- To add a degree of difficulty, one of the partners can stand 30 feet away on the other side of the net the players are hitting into (shown below) and go through a dry pitch like a pitcher (without a ball), this gives the hitter a real visual of a pitcher (1, 2, 3 should still be separated motions)
- The hitter can also move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below

Layout of Drill (pitcher is optional):



Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)



One-Handed Hitting

Skill Set: Hitting

Difficulty Level: Hard

Number of Athletes and Coaches: Players in groups of 4-5, coaches

Average Time to Complete: 15 minutes

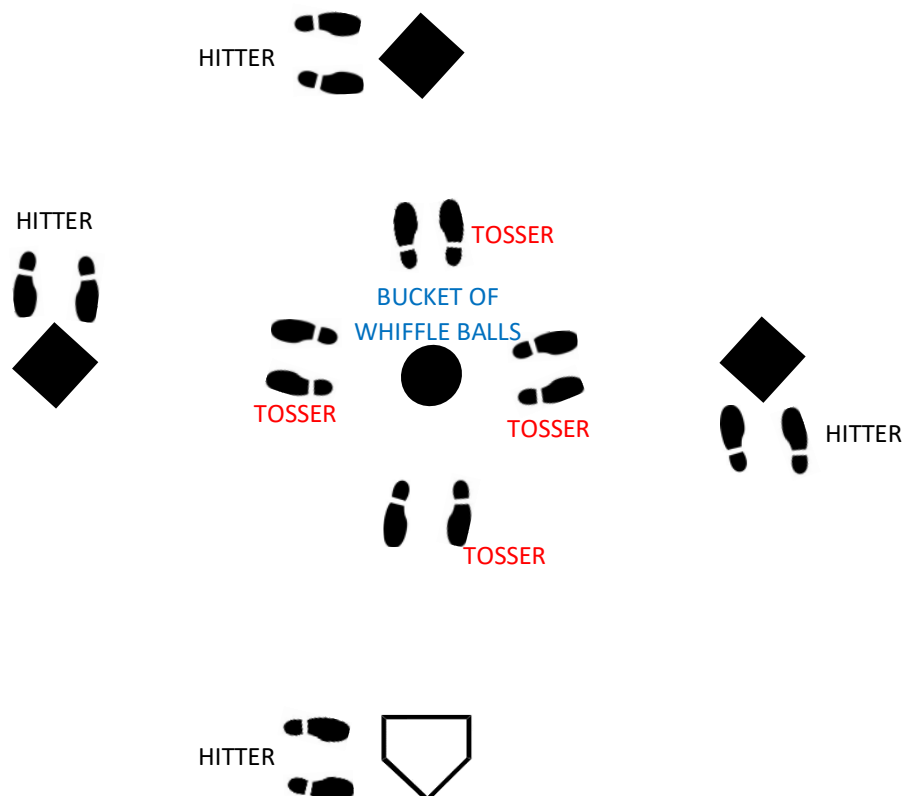
Equipment Required: Field, helmets, bats, bucket of whiffle balls

Goal: Focus on making good contact with the ball with the top and bottom hands

Description of the Drill:

- One group at each base, with one player at the base to hit, and one player towards the mound to toss balls to be hit, other players in each group should shag
- Hitters will hit towards the infield and whiffle balls used for this drill
- Hitters should take 5-8 swings with top hand, bottom hand, and both hands
- Rotate from shag to pitcher to hitter
- Repeat as time allows
- This drill can be done anywhere there is enough space (outfield, in a gym, in an open field)

Layout of Drill:



4 Corner Bunts

Skill Set: Bunting

Difficulty Level: Medium

Number of Athletes and Coaches: Athletes in groups of 4-5

Average Time to Complete: 15 minutes

Equipment Required: Field, helmets, bucket of baseballs, bats

Goal: Execute bunts toward third base, first base, and drag bunts down the line

Description of the Drill:

- One group at each base, with one player at the base to bunt, and one player towards the mound to toss balls to be bunted
- Batters should wear helmets and bunt toward the infield, using each base as home plate
- Players not bunting or tossing for bunts should shag bunted balls
- Each player should execute 5-8 bunts to first, third, and drag
- Players should rotate from shag to pitcher to bunter
- Repeat rotation as time allows

Layout of Drill:

