

Tiger Baseball Skills Program

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Hitting Mechanics

4 Elements of Hitting

- 1) Stance
- 2) Stride / Load
- 3) Pivot
- 4) Release of Bat



Balanced - 60% of
Weight on Back
Foot

Hands Over Back
Foot

Front Foot Lined
Up w/ Plate

Stance

- Feet
 - Front foot in line w/ front of plate
 - In/Out - arm and bat straight touch the middle of the plate w/ bat
 - Outside of front foot to the outside of back foot is approximately the length of the bat (starting point)
 - Toes point straight ahead
 - 60% weight on back foot / 40% on front foot
- Grip / Hands / Upper Body
 - Line up knocking knuckles - keeping bat in fingers
 - Hands over back foot
 - 90° bend in front elbow
 - Back elbow down
 - Bat Angle - Point knob of bat at the opposite batter's box
 - BOTH EYES LEVEL – and looking at pitcher



Bat Angled at Opposite Batter's Box

Head Level - Eyes at Pitcher

Front Elbow @ 90°

Knocking Knuckles Lined Up

Feet Lined Up w/ Pitcher



Stride / Load

1. Stride must be *SOFT* and *SHORT* (Lead w/ the heel, keep front side closed)
2. Rubber Band Effect (Stride Forward / Hands Move Back)
3. Don't Wrap Bat around head

Note:

- **Timing**
 - o **Fast Pitcher—Stride/Load Early**
 - o **Slower Pitcher—Stride/Load Later**
- **The Stride/Load start the Hitting Sequence**



Pivot

1. Back foot pivot(squash the bug, do not over rotate, "L" in back leg, cleats face the catcher)
2. Front foot pivot / 45 degrees to homeplate
(RHB—point front foot at 2nd Baseman)
(LHB—point front foot at SS)
3. Firm/Flexed Front Leg (Do not lock knee)
4. Belt faces the pitch
(Up the Middle or Pull—Belt faces Pitcher)
(Opposite Field—Belt faces the hit ball)
5. Keep Hands Back



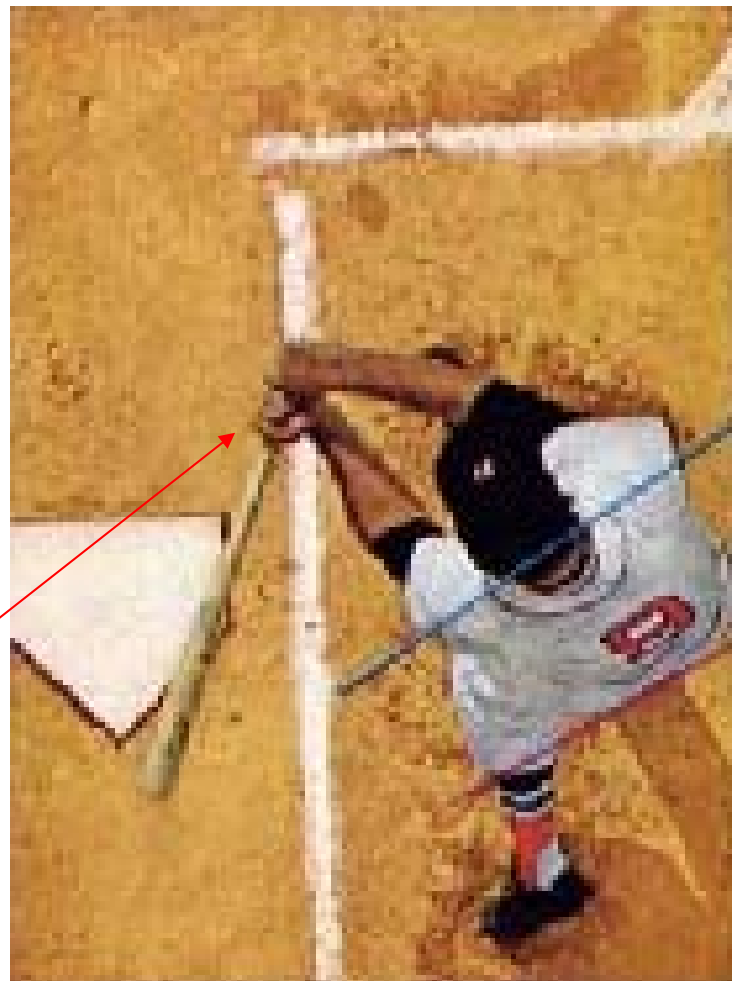
Pivot on Ball of Foot

Firm - Flexed Front Leg

Swing

1. Release the Bat
2. Throw the barrel of the bat at the ball with your hands (Generate Bat Speed)
3. Keep head at pitcher
 - Chin shifts from front shoulder to back shoulder at contact position
 - SEE BALL AT CONTACT (Head remains at contact position after contact)
4. Lead w/ hands—point knob of bat at the pitcher (Keep barrel INSIDE HANDS)
5. Snap barrel at the ball with your hands (Generate Bat Speed)

Leading w/ Hands



Hitting Drills

Fence Drill

- ◆ Set up in stance one bat length from fence
- ◆ Dry swing - Bat should not touch fence
- ◆ Drill Intent - Teach player to lead w/ hands. Shorten swing. Increase swing speed.
- ◆ **Freeze after every swing checking Front foot, Back foot, Hips and Head.**



Rhythm

- ◆ Hands on hips, partner hands placed open at the belt 3" from batter.
- ◆ Batter-Load and swing hitting partners hand with elbow.
- ◆ Drill Intent - Teach proper hip rotation and back foot pivot
- ◆ **Freeze after every swing checking Front foot Back foot Hips and Head**



Spot Toss

- ◆ Regular soft toss: after contact, continue swing around turning head and looking a predetermined spot on the wall directly behind the hitter.
- ◆ Drill Intent - Teach proper hip rotation and back foot pivot.
- ◆ **Freeze after every swing checking Front foot, Back foot, Hips and Head.**



Spot is Whiffle Ball Stuck in Fence

One Knee Toss

- ◆ Partner is located in front of the hitter at a 45-degree angle tossing the ball to the hitter above the bill of the hitter's cap.
- ◆ Hitter must be on one knee with front foot out in front towards the screen. Hitter must keep the barrel of the bat on top of the ball driving the ball down into the net. (forces the hitter to stay on top of the ball)
- ◆ Drill Intent - Teach batter downward angle and staying on top of ball.
- ◆ **Freeze after every swing checking Front foot, Back foot, Hips and Head.**



Rapid Fire

- ◆ Regular soft toss position, rapidly toss baseballs towards the hitter forcing the hitter to recover quickly and swing again. (quick swing and quick recovery)
- ◆ Hitter will hit 3 balls in a row per set, as quick as possible.
- ◆ Drill Intent - Training for bat speed.



Drop Toss

- ◆ Play in regular soft toss batting stance.
- ◆ Coach in standing position drops ball into hitting zone. Batter attempts to hit the ball.
- ◆ Drill Intent - Bat speed and eye & hand coordination.
- ◆ **Freeze after every swing checking Front foot, Back foot, Hips and Head.**



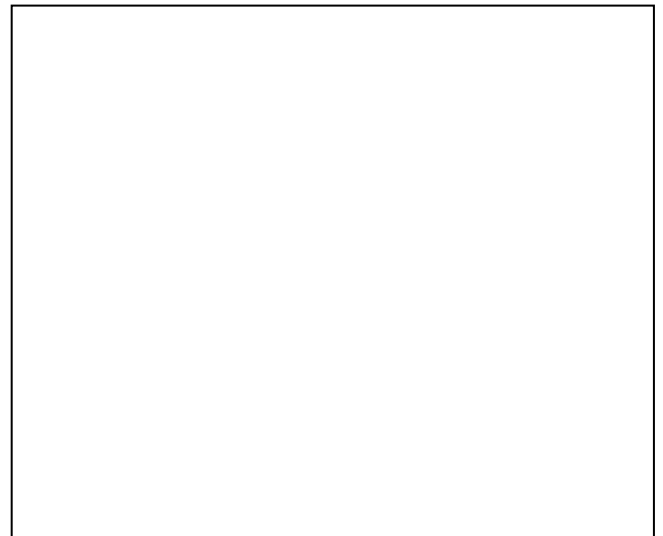
Color Toss

- ◆ Regular soft toss. Hitter calls out color of the ball as the ball is being hit.
- ◆ Drill Intent - Hand & eye coordination.
- ◆ **Freeze after every swing checking Front foot, Back foot, Hips and Head.**



Double Tee

- ◆ Partner will place balls on each tee establishing an inside pitch and an outside pitch.
- ◆ Partner will call "inside" or "outside" while the hitter is LOADING.
- ◆ Hitter will hit the indicated pitch using correct mechanics.
- ◆ Drill Intent - Reaction & pitch recognition.
- ◆ **Freeze after every swing checking Front foot, Back foot, Hips and Head.**



Over/Under Toss

- ◆ Regular soft toss position. Partner tosses two balls on top of each other.
- ◆ Partner calls out to the hitter as the ball is being tossed. "top" or "bottom"
- ◆ Hitter must swing and hit indicated ball.
- ◆ Drill Intent - Hand & eye coordination.
- ◆ **Freeze after every swing checking Front foot, Back foot, Hips and Head.**



Whiffle Ball Toss

- ◆ Regular front toss(Pitch over hand or under hand from behind a screen)Hitter hits ball simulating a live at bat.
- ◆ Can be done in a cage or for batting practice outside on the field.
- ◆ Drill Intent - Live hitting simulation.
- ◆ **Freeze after every swing checking Front foot, Back foot, Hips and Head.**



Wall or Bucket Drill

- ◆ Batter to set up stance up against a fence. A short/compact swing should not allow bat hit fence
- ◆ Drill Intent - Promotes correct hip rotation and back foot pivot during swing.
- ◆ **Freeze after every swing checking Front foot, Back foot, Hips and Head.**



Pitching Machine Batting Practice

- ◆ Batting practice, focus on mechanic and timing.
- ◆ **Freeze after every swing checking Front foot, Back foot, Hips and Head.**



Bottom Hand



Small Bat Whiffles

- ◆ Normal soft toss whiffles - one hand and two hand
- ◆ Throw pitchers in front whiffles. - one hand and two hand
- ◆ Drill Intent - Short bat prevents front shoulder from opening up too soon.
- ◆ **Freeze after every swing checking Front foot, Back foot, Hips and Head.**

Top Hand



Two Hands



Bunting

Stance (Sacrifice)

- Lower half similar to swing, belly button at pitcher
- Feet, same as regular swing
- Square shoulders up with pitcher
- Hand on handle (loose)
- Hand on middle of the bat (firm)
- Start with bat at the top of the strike zone; if above hands, let pitch go unless a suicide is on
- Catch ball with bat and direct towards first or third
- Move up and down with legs, not arms (Do not move bat; Only change angle of bat)



Stance (Drag) - Right Hand Batter

- Drag bunting is all timing. Wait 'til last second.
- Slide top hand up toward barrel.
- Bring barrel straight over the top.
- Get bat-angle parallel to 1b line.
- Drop right foot back.
- Let ball hit bat.
- Bunting for a Hit—Line or Foul.



Stance (Drag) - Left Hand Batter

- Drag bunting is all timing. Wait 'til last second. Slide top hand up toward barrel.
- Bring barrel straight over the top.
- Get bat-angle parallel to 1b line / perpendicular to 3b line
- Step left foot through toward pitcher
- Let ball hit bat.
- Bunting for a Hit—Line or Foul.



Fielding Basics

Ready Position

- Feet shoulder width apart
- Toes straight ahead
- Glove is always open



Glove Open -
Hands Out In
Front of Body

Right - Left Ready

Fielding Position

- Legs bent, knees bend forward, wide feet (twice shoulder width-approx.)
- Pocket(back side) of glove on the ground - out in front of feet
- Glove thumb out and elbow in
- Throwing hand above glove (alligator)
- Chin into chest/show button of cap to home (keep back flat)
- Toes pointed straight forward
- Glove in front of feet - elbows away from knees
- Throwing hand foot behind glove hand foot
- Cradle ball (do not funnel) - coming up with glove fingers through the ball
- Field to throw, Catch to throw, two hands to the ball always
- Follow your throw - several steps
- **BACKHAND:** "Plant" foot to the ball, Glove to the "plant" foot, field, and throw. If player can't get to the ball - dive, knock it down



Right - Left Field



Right - Left Throw



**Arm Separation -
Power Position**



