

# Batting Progression



The batting progression should be the bare minimum done at every batting session and done prior to entering the batting cage.

If our progression looks sloppy or is not re-enforcing a positive swing - DO NOT GET IN THE CAGE UNTIL IT DOES!

## STEP 1 (STANCE 4 CHECK POINTS) - 3 reps. done correctly!

- Enter box - bat shoulder
- **(CHECK 1)** Set the back foot first then front foot - belly button should be center of plate feet should be slightly wider than hips, toes pointing straight - positive command - I'm going to crush!
- **(CHECK 2)** Slight knee bend - athletic - move comfortable from side to side - Balanced
- **(CHECK 3)** Bat still on shoulder, knock knuckles lined up, point fingers to sky, back hand knuckles are looking at the pitcher
- **(CHECK 4)** Elbows make a balanced roof top, front elbow L, back elbow power V.

## STEP 2 (1-4 OF OUR SWING)- 10-15 reps. done correctly!

- Check stance
- Bat stays on shoulder with balanced elbows
- Load, stride, and drive (hands stay disciplined front of shoulder, close to body, bat stays on shoulder!
- Check mirror or have partner check our parts - straight front leg, L back leg, toe on ground and heel elevated so bottom of foot is perpendicular to ground at 45 degree angle (no squishing the bug!

**\*DO NOT PROCEED UNTIL 10 REPS. ARE COMPLETED WITH ALL PARTS LOOKING GOOD! YES I KNOW YOU WANT TO GET IN THE CAGE - GET THIS CORRECT!**

### **STEP 3 (GET TO FIRST EXTENSION) 10 - 15 reps. done correctly!**

- Check stance
- Load, stride, drive
- Bring hands to the ball and snap wrist hard thru ball
- Stop at first extension - check parts - strong front leg, L back leg, back toe on ground, back heel elevated, Eyes and nose down the barrel of bat, and chin at back shoulder

**\*DO NOT PROCEED UNTIL 10 REPS. ARE COMPLETED WITH ALL PARTS LOOKING GOOD!  
PARTNERS BE HONEST WITH YOUR TEAMMATE - DID THEY LOOK LIKE ONE OF THE PICTURES BELOW!**



### **STEP 4 (COMPLETE SWING) 10-15 reps. done correctly!**

- Check stance
- Load, stride, drive
- Bring hands to contact
- Get to first extension, second extension, and finish
- This is a full swing with no hesitation or pausing
- Keep head on tee thru contact and finish
- Swing hard! Get used to it!
- Check your finish - strong front leg, bent back leg, toe in ground and heel up, chin at back shoulder, and hands behind head shoulder level - bat does not hit our backs!

**\* CONGRADUATIONS! YOU ARE NOW READY TO GET INTO THE BATTING CAGE.**

## STEP 5 (ON DECK FOR CAGE) 6 reps. total

### 3 reps.

- Use punching bag for timing - look at person feeding the machine
- Check stance, load, stride, drive and bring hands\ bat to bag as if in cage
- Check parts - strong front leg, bent back leg, toe down heel up, palm up\palm down

### 3 reps.

- Use punching bag - same as above but get to first extension

## STEP 6 (IN THE CAGE) - 1 round of balls

- First 3 balls only go to 1st extension
- Swing away at next 6-8 - checking stance prior to every pitch
- Step out for couple seconds refocus and re-enter - back foot, front foot, positive re-enforcement
- Complete round - step out again if needed
- Self evaluate \ coach evaluate - did we stay on track? Redo steps 2 & 3 or work specific drill for correction



## BUNTING

- Twist, flip, and slide
- Feet point to first base (right handed bunter)
- Hide behind the bat- keep the eye level and bat level close
- Start bat at top of strike zone
- Do not drop the barrel of bat - bend knees or elevator to lower ball
- Complete the bunting station every batting session - this can be down at anytime (before or after progression, or while waiting for cage)

### STEP 1 -

- **RAPID FIRE BUNT** - Square to bunt - hold bunt position - get 3 consecutive pitches successfully bunt without resetting stance.

### STEP 2-

- **HIDE BUNT**- as person feeds machine turn to bunt - get three consecutive successfully in play

### STEP 3-

- **STEP BUNT** - as person feeds machine turn and step to pitch while bunting - get three consecutive successfully in play

### STEP 4-

- **SHOW - PULL BUNT** - start in bunt position, pull bunt back as feeder begins to drop hand, get back to the bunt position before ball enters machine - get three consecutive successfully in play

### STEP 5-

- **PUSH BUNT** - turn to bunt before feed drops hand as ball comes in extend thru ball (push ball past charging 3rd basemen - get three consecutive successfully in play)

## SLAPPERS \ LEFT HANDERS

- Slappers - get 3 consecutive drags in play

**\*Bunting is effort and commitment. Saying you don't bunt or you're not good at is nothing more than being lazy! Have this tool in your tool box ready for use. Many a game could have been won if a successful bunt could have been put in play!**



**Start at the Chin**