



**36 SIMPLE HITTING DRILLS FOR
MECHANICS, BAT SPEED, VISION, TIMING & POWER**



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MECHANICAL DRILLS



1.

LOAD DRILL

SETUP:

Player stands at home plate or another area on the field. Coach stands behind player.

PURPOSE:

Reminds batter to keep his load short and hands in the hitting position when loading.



Batter goes into load position with coach providing light resistance.



In load position, hands should be behind shoulder and knee turned just inside the back foot. If you drop the bat straight down, it will should land on the back foot

INSTRUCTIONS:

1. Player gets into batting stance.
2. Coach says, "Load."
3. Player moves body back into load position.
4. Coach has his hand against player's rib cage and offers light resistance to remind player to remain short when loading.
5. Go back to normal batting stance and repeat.

COACHING TIPS:

- Batter's hands should be back behind the shoulder.
- Back knee should be inside the back foot.
- Back side of batter should not fall back. It should remain firm and press against the coach's hand.

2.

SEE THE BALL DRILL

SETUP:

Batter stands at batting tee.



Eyes on the top of the tee

PURPOSE:

Batter works on keeping his head still.



Keeping head still while swinging.

INSTRUCTIONS:

1. Batter gets into good stance beside tee.
2. The tee is empty - no ball is placed on it.
3. Batter loads, swings and freezes.
4. Through the entire process batter's head should remain still and his eyes should be locked on the top of the tee.
5. Unfreeze and repeat the drill.
6. Drill can also be run without a bat.

COACHING TIPS:

- When setting up, lead foot should always be lined up with the back of the tee.
- Batter should be lining up in a position where if there was a ball on the tee he would be hitting it out in front of his body.
- The key in this drill is that the batter's head should not move and his eyes should remain focused on the area at the top of the tee all the way through.

3.

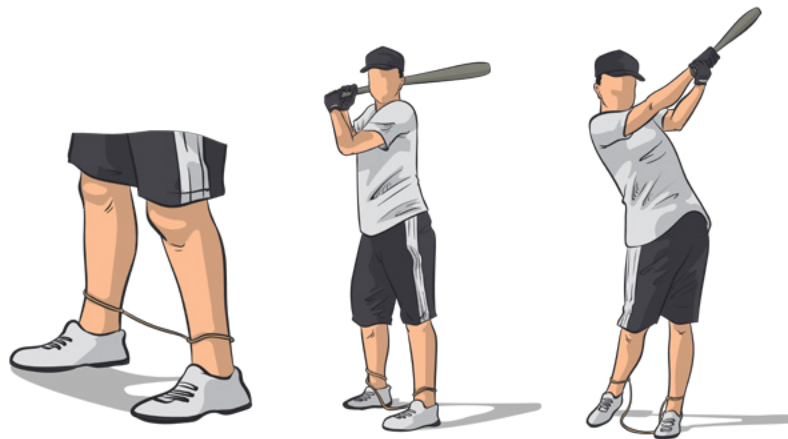
STRING DRILL

SETUP:

Batter stands in normal batting stance with string tied from one ankle to the other.

PURPOSE:

Batter practices taking a good, short stride.



String tied between batter's legs.

Batter takes short stride, then swings

INSTRUCTIONS:

1. Measure the batter's normal stride and then tie a piece of string equal to the distance from one leg to the other.
2. Batter gets into normal stance.
3. Coach says, "Go."
4. Player loads, strides and swings.
5. Coach says, "stop."
6. Player freezes in follow-through.
7. Coach says, "OK."
8. Player returns to normal stance and the drill is repeated.

COACHING TIPS:

- This drill is great for batters who over-stride or step out on their swing. The string forces them to get used to taking a good, short stride.

4.

STEP DRILL

SETUP:

Batter stands in normal batting stance. Place a bat parachute or towel or something else soft where the batter is stepping out.

PURPOSE:

Prevents batter from stepping out during his swing.



Correct Stride: Stepping Forward



Incorrect Stride: Stepping Out

INSTRUCTIONS:

1. Batter gets into normal stance.
2. Bat parachute or towel or other item is placed on the ground where step out occurs.
3. Batting practice is thrown – either by coach or pitching machine.
4. Batter knows by feel and coach by sight if batter steps out during swing.

COACHING TIPS:

- In this drill, it's better to use something soft like a bat parachute or towel instead of something hard and potentially dangerous like a bucket or a ladder. You just want the batter to be aware of what they are doing.
- Batter should be taking a nice, small stride right toward the pitcher.

5.

STRIDE LINE DRILL

SETUP:

Batter stands in normal batting stance. Coach marks a line in the dirt 4 to 6 inches in front of lead foot – this is the stride line.

PURPOSE:

Develops short, compact stride. Prevents over-striding.



Batter in normal stance



Batter takes stride and swings, keeping lead foot behind the stride line drawn in the dirt

INSTRUCTIONS:

1. Batter gets into normal stance.
2. Batter loads, strides and swings.
3. Batter's front foot should not go past the stride line that is drawn in the dirt.
4. Repeat.

COACHING TIPS:

- Front foot can "open up" as long as it is not "stepping out."
- In normal stance, feet should be slightly farther than shoulder width apart and toes should be pointed toward home plate.

6.

POSITIVE/NEGATIVE DRILL

SETUP:

Batter stands at home plate. Coach draws a line in dirt at center of batter's body.



Coach draws the center line below the batter's belly button.

PURPOSE:

Develops balance during the swing.



Batter moves behind the line as she loads the swing.



Batter finishes in front of the line.

INSTRUCTIONS:

1. Batter gets into stance.
2. He goes through his swing.

COACHING TIPS:

- Batter should be setting up centered over the line. Then as he loads up his body he goes behind the line. When he finishes swinging, his body finishes in front of the line.
- Batters must use the back side of their body to drive forward during their swing. One of the biggest mistakes young hitters make is collapsing on the back side.
- Center line should be directly down from the belly button and nose.

7.

SWING OVER THE TEE DRILL

SETUP:

Batter stands at tee in normal batting stance. A ball is NOT placed on the tee.



Batter stands at the tee.

PURPOSE:

Teaches batter to swing forward and down and then along the same plane as the baseball.



Batter swings over the tee.

INSTRUCTIONS:

1. Batter gets into normal stance.
2. Batter takes dry practice swing.
3. He swings down and over the tee trying to come close to the top of the tee without hitting it.
4. He then finishes high.
5. Batter should freeze at the end of his follow-through to check his position. His hands should be at his shoulder with his belly button in front of the tee.
6. Batter then resets and swings again.

COACHING TIPS:

- Vertically, try to line up the top of the tee with the batter's waistline.
- Horizontally, the tee should be positioned so that it is in alignment with the batter's belly button.
- Batters with the bad habit of dropping their back side and swinging with an uppercut should find themselves hitting the tee frequently until they fix the problem.

8.

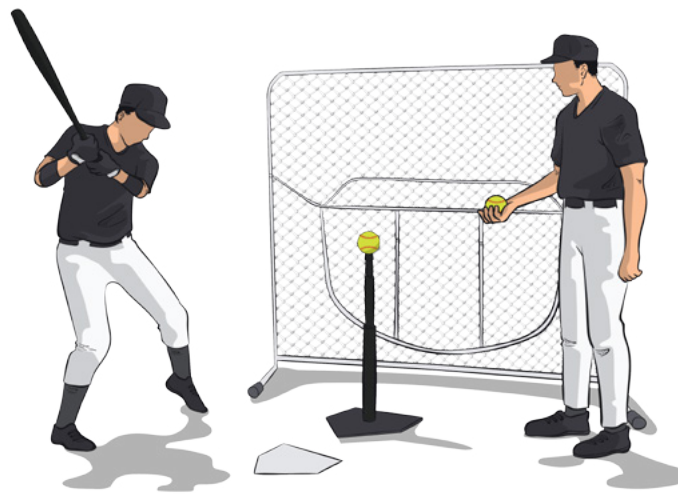
TEE DRILL

SETUP:

Place a tee and a net in front of home plate. You can create your own tee by placing rubber tubing in a bucket of cement.

PURPOSE:

Allows batter to practice hitting fundamentals.



Hitting off the tee.

INSTRUCTIONS:

1. The player at the front of the line with Player gets in normal batting stance beside home plate.
2. Tee is placed in front of home plate.
3. Batter takes normal swing and hits the ball off the tee.

COACHING TIPS:

- Move the tee inside or outside to simulate different pitches. Be sure to move the net as well.

9.

TWO TEE DRILL

SETUP:

Place two tees at the plate.

Tee 1 should be at batter's belly button and approximately waist high.
Tee 2 should be out in front of tee 1 and slightly lower.



Eyes on the ball on tee 2.

PURPOSE:

Batter practices hitting the ball out in front of the body.



Swing down and drive the ball into the outfield.

INSTRUCTIONS:

1. Batter sets up at tee 1.
2. He swings over tee 1, which does not have a ball on it, and hits the ball off tee 2.
3. Batter freezes at end of follow-through. Then he resets and repeats the drill.

COACHING TIPS:

- Batter should be swinging down and over tee 1 and then along the same plane as the ball on tee 2.
- Batter should keep eyes on the ball on tee 2 during their entire swing.

10.

FLAT BAT DRILL

SETUP:

Place a tee in front of a net. Take a bat and shave it down on two sides to create flat surfaces.. Then wrap tape around the barrel to prevent it from splintering.

PURPOSE:

Teaches player to hit through the baseball.



Batter hits off the tee with a flat bat.

INSTRUCTIONS:

1. Place ball on tee.
2. Take swing and attempt to hit the ball with the flat or shaved down side of the bat.

COACHING TIPS:

- The aim of this drill is to hit the ball off the flat surface of the bat.
- If a batter rolls over on his swing he should feel it in his hands.
- This is a great drill for teaching the batter to hit “three baseballs” – this means he should be swinging along the plane of the ball for a distance of three baseballs. He should not be upper-cutting (pop up) or rolling over on the ball (ground ball).
- If a batter over-strides on his swing put a rubber band tubing from one ankle to the other to shorten the stride.

11.

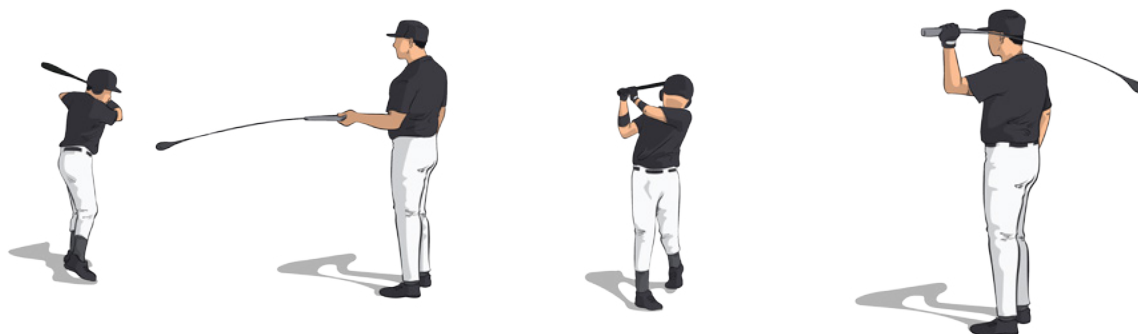
THE HIT STICK DRILL

SETUP:

Batter gets in normal stance. Coach stands to side holding the hit stick. You can purchase a hit stick like the one shown above from a sporting good store. Or you can use a pool noodle or similar object as a target for the hitter.

PURPOSE:

Teaches batter to hit balls in various strike zone locations with good fundamentals.



Batter practicing his swings with a hit stick.

INSTRUCTIONS:

1. Batter swings and hits the ball at the end of the hit stick.
2. Coach swings the device above his head and places it at another location.
3. Batter swings again.
4. The drill continues in this fashion.

COACHING TIPS:

- Batter should be using a good trigger stride – starting with weight back and then striding through the ball.
- Hold the ball at different pitch locations. For example, batter has to go down and get a pitch low and away and then get his hands on top of a high inside pitch the next time.
- The Hit Stick is a great tool for kids 14 and younger.

12.

PIVOT HIP DRILL

SETUP:

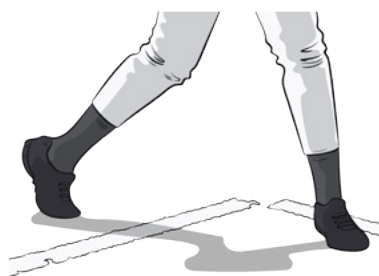
Player stands at an angle to net.
Coach kneels on opposite side of net.
Use a soft baseball like the Easton Incrediball or a tennis ball or wiffle ball so coach doesn't get hurt if player misses on his swing and hits the ball back at him.

PURPOSE:

Teaches younger players how to use the lower half of their body during their swing.



Coach tosses ball toward batter's left hip.



During swing, batter pivots on back foot so shoelaces are pointed toward the pitcher.

INSTRUCTIONS:

1. Batter gets into stance.
2. Coach drops his hand which is a signal for batter to trigger stride.
3. Coach then tosses a ball toward the batter's left hip.
4. Batter swings and hits the ball into the net.

COACHING TIPS:

- Batter should be pivoting on back foot so shoelaces are pointed toward the pitcher.

13.

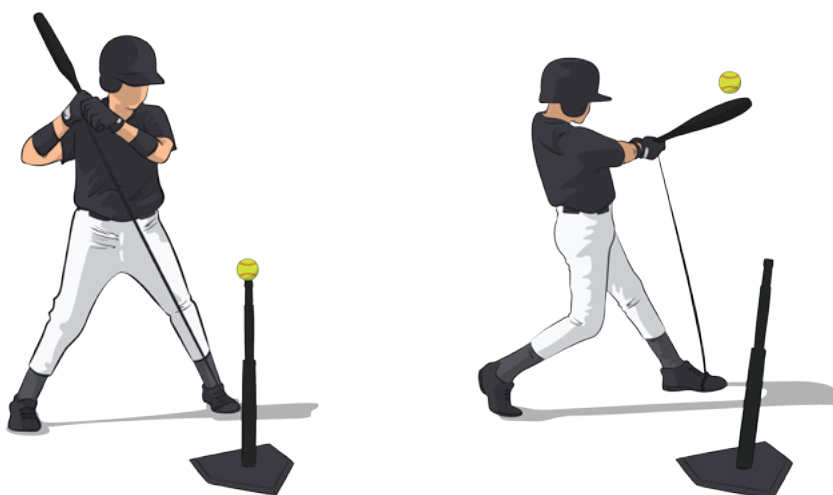
POWER TRIGGER DRILL

SETUP:

Set up a tee in front of a net. Batter stands next to the tee. Need an elastic cord with loops on each end. Place one loop around lead foot and the other loop around top bat hand.

PURPOSE:

Helps batter feel their trigger position/ their hands during their swing.



Hitting with the Power Trigger device.

INSTRUCTIONS:

1. Set ball on tee.
2. Take normal swing and hit the ball into a net.
3. Repeat.

COACHING TIPS:

- Band length should be set to keep player's hands in proper position (inside the ball) during the swing and should allow him to finish his swing with his hands at the top of his shoulder.
- This drill can also be run with the coach tossing the ball to the batter instead of using the tee.

14.

THE SHORT BAT DRILL

SETUP:

Batter holds a short bat beside a tee. You can purchase a short training bat or cut a wood bat down to half length.

PURPOSE:

Teaches batter not to lift front arm, which causes him to drag the bat head and have a long, slow swing.



Hold the bat one-handed.



Swing down and then through the ball.

INSTRUCTIONS:

1. Batter gets into batting stance.
2. He holds lab bat with his lead arm.
3. He puts his other hand against his chest.
4. He swings one-handed aiming to hit the ball straight into the net.

COACHING TIPS:

- Front elbow should be down and in – bat head should be going down to the plane of the ball then leveling off and going through the ball.

15.

SPLIT HAND DRILL

SETUP:

Batter stands at tee.
You can create your own tee using rubber tubing and cement or a rubber cone set on a stand.

PURPOSE:

Helps batter feel his top hand when he swings.



Set hands about a half-inch apart.

Swing and drive the ball up the middle.

INSTRUCTIONS:

1. Batter gets into batting stance.
2. He splits his hands about a half an inch.
3. He then trigger strides, loads up and hits the ball straight up the middle off the tee.

COACHING TIPS:

- Keeping the top hand on the bat can eliminate a loop in a swing and allow the player to hit the ball harder.
- This drill can also be used with flip and short toss.
- When hitting live, the batter is likely to swing over the first few balls and hit them into the ground.

16.

INSIDE-OUTSIDE DRILL

SETUP:

Batter gets in stance next to a double tee. Place a ball on both tee stands. You can create your own double tee with rubber tubing and cement or you can use rubber cones placed on stands.



Batter goes into trigger position.

PURPOSE:

Teaches batter to adjust to inside and outside pitches.



Batter hits the outside ball.

INSTRUCTIONS:

1. Coach says, "trigger."
2. Batter goes into trigger stride position.
3. Then coach says either "inside" or "outside" and player adjusts and hits the ball that was called by the coach.
4. Repeat.

COACHING TIPS:

- If player manages to hit just the ball and not the tee, he won't knock the other ball off – this is what batters should be striving to do.

17.

PASSING PROGRESSION



BAT SPEED DRILLS



1.

TOWEL BAT DRILL

SETUP:

Take an old or cracked bat. Saw it off just above the trademark and attach a hand towel to the end with a corkscrew.

PURPOSE:

Increase bat speed through underloaded training. This also makes a great warm-up drill



Swing the towel bat to activate fast-twitch muscle fibers.

INSTRUCTIONS:

1. Take warm-up swings with the towel bat.
2. Try to snap the towel through the zone.

COACHING TIPS:

- Swinging a light towel bat gets the fast-twitch muscle fibers to fire – you need these muscle fibers to hit a baseball.
- Hitter should be “popping” his hands as he swings.
- You can use a weighted bat first to loosen up the body, then switch to the towel bat to really engage those fast-twitch muscle fibers.

2.

FAST HANDS DRILL

SETUP:

Batter gets into stance at home plate or another location on field. Coach stands to batter's side.

PURPOSE:

Develops fast hands for hitting.



The grip.



The toss.



The toss.

INSTRUCTIONS:

1. Batter gets into stance.
2. He grips his bat by taking his bottom hand and moving it all the way up to the top of the bat handle. Then he inverts top hand so palm is pointed toward the pitcher. He places this hand above his bottom hand and lines the bat up in his top hand's fingertips.
3. Coach soft tosses ball to batter who swings and hits it.

COACHING TIPS:

- Batter should be aggressive, keep head down and snap the bat through the hitting zone.
- Look for a swing over the top of the tee with positive forward motion toward the ball.
- Top hand should really be snapping and pushing the barrel through the zone.

3.

BAT THROWING DRILL

SETUP:

Batter takes top of tee or a bat or other similar item and gets in normal stance.



Swinging with the top of the tee.

PURPOSE:

Develops a full swing.



Releasing the tee

INSTRUCTIONS:

1. Batter gets into stance.
2. He loads and swings.
3. During his swing he releases the tee so that it flies toward the pitcher's mound.

COACHING TIPS:

- Batter should be loading up and doing everything the same way as he does during his normal swing.
- In this drill, the farther the tee is tossed the better. You want the batter to be taking powerful but fundamentally sound swings.

4.

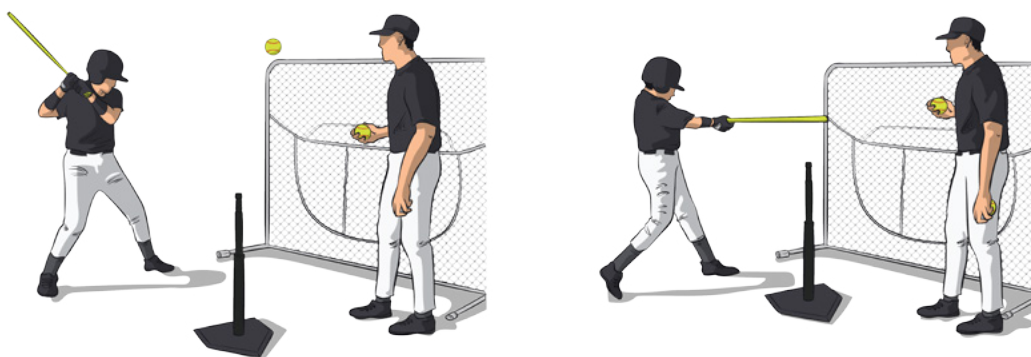
THIN BAT DRILL

SETUP:

Player stands at tee but holds a thin bat instead of a regular bat.. You can buy a thin training bat, or just use a broom or mop handle. You could also use a thin wiffle ball bat and wiffle balls.

PURPOSE:

Improves vision and bat-speed



Hitting the ball off the tee with a thin training bat.

INSTRUCTIONS:

1. Player swings and hits a regular baseball off the tee with the thin bat.

COACHING TIPS:

- Player should be doing everything the same as he would with a regular bat.
- It's important that the player keeps his eyes on the ball in order to make good solid contact with the thinner bat.



VISION AND TIMING DRILLS



1.

WHIFFLE GOLF BALL DRILL

SETUP:

Batter gets into stance. Coach stands 10-15 feet away.

PURPOSE:

Keeping the head still when swinging and watching the ball all the way in.



A whiffle golf ball

Coach soft tosses the whiffle golf ball to the batter

INSTRUCTIONS:

1. Coach throws plastic golf ball to batter who tries to hit it.

COACHING TIPS:

- Look for nice load back, smooth, level swing and a still head.
- Batter should be watching the ball all the way in to the bat.
- You can use a regular bat in this drill or a special thinner bat if you want to make it even more challenging.

2.

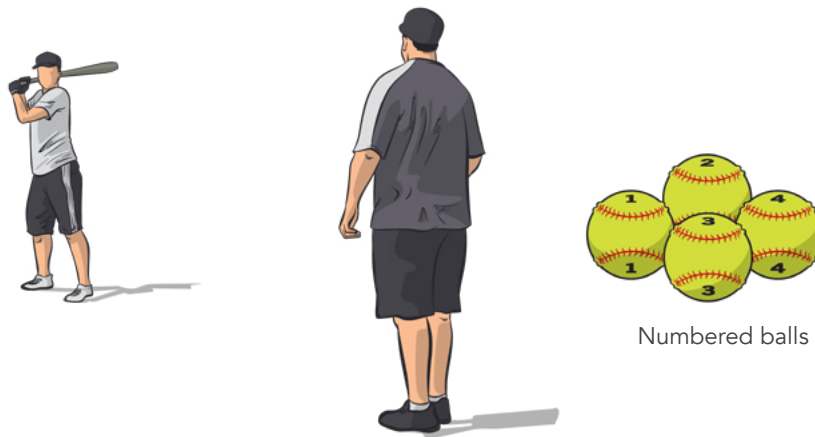
NUMBERED BALL DRILL

SETUP:

Using a Sharpie, mark several balls with a unique number.
Batter gets into stance at home plate.
Coach gets into pitching position

PURPOSE:

Batter practices keeping his head still and his eyes on the ball.



Coach soft tosses the whiffle golf ball to the batter

INSTRUCTIONS:

1. Batter gets into good stance.
2. Coach throws a numbered ball to the batter.
3. Batter calls out the number then swings and hits the ball.

COACHING TIPS:

- Batter should be yelling out the number before he hits the ball.

3.

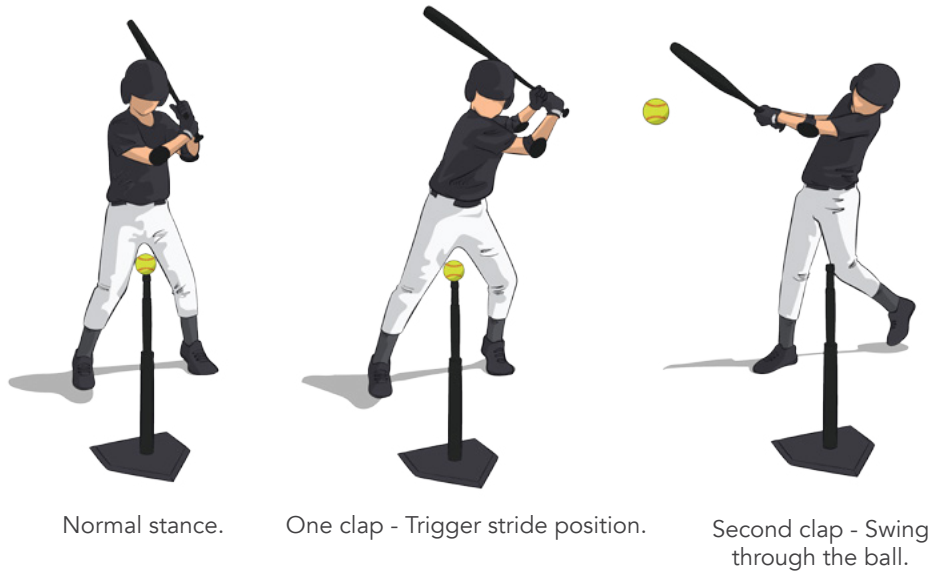
CLAP DRILL

SETUP:

Batter gets in normal stance by tee.
Coach stands, kneels or sits nearby.
You can create your own tee by placing rubber tubing in a bucket of cement.

PURPOSE:

Teaches hitter to keep his hands back and wait on the ball.



INSTRUCTIONS:

1. Batter gets into batting stance.
2. Coach claps.
3. Batter goes into trigger position and holds it.
4. Coach claps again and player swings, hitting the ball off the tee.

COACHING TIPS:

- Vary the speed of the two claps. Two fast claps would be a fastball. A clap, a pause and another clap would be a curveball or changeup.

4.

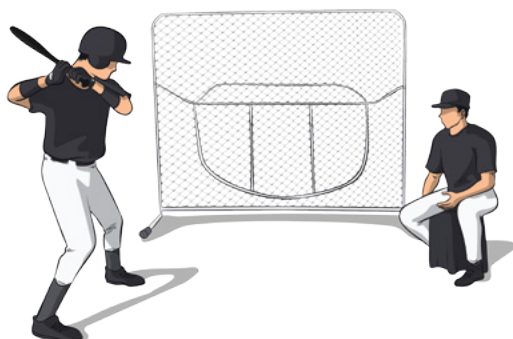
CURVEBALL FLIP DRILL

SETUP:

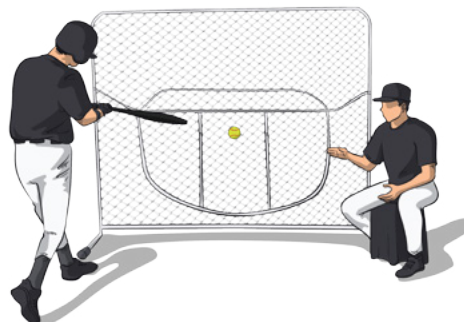
Batter gets in stance in front of net.
Coach kneels or sits to the side of the net and the batter.
Use a soft baseballs or tennis ball to protect the tosser.

PURPOSE:

Teaches batter to hit the curveball.



Batter waits for the flip in trigger position.



Batter hits the flip.

INSTRUCTIONS:

1. Coach flips the ball with an arc to simulate a curveball.
2. Batter hits the ball on its way down.
3. Repeat.

COACHING TIPS:

- Make sure batter is going into trigger stride position and then waiting on the ball and hitting it as it is coming down.
- This flip should have more height on it than a regular flip to the batter. Flatter flips simulate a fastball, flips with more arc simulate the curveball.

5.

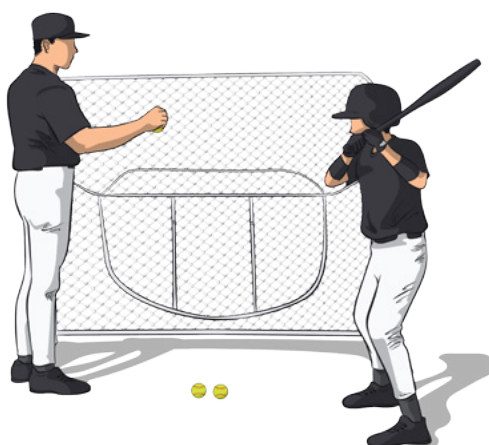
DROP BALL DRILL

SETUP:

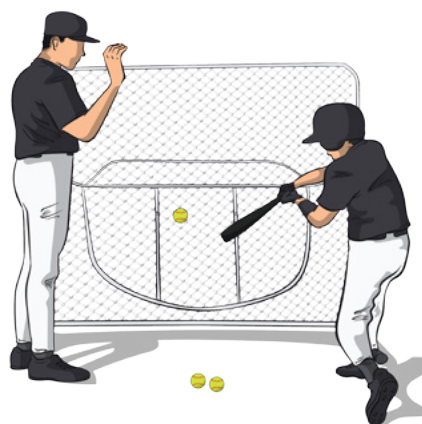
Batter gets in stance in front of net.
Coach stands to the opposite side of the batter holding a ball.

PURPOSE:

Emphasizes getting into trigger position.



Coach holds the ball.



Coach drops the ball. Player hits it.

INSTRUCTIONS:

1. Coach holds out the baseball. He then says "trigger."
2. Batter makes a short stride and triggers the bat back.
3. Coach drops the ball and the batter hits it.

COACHING TIPS:

- To show a batter the importance of the trigger stride drop a ball without saying "trigger" first. It's almost impossible for the batter to hit the ball. But when the coach says "trigger" and the player gets his hands moving it becomes much easier.
- This drill simulates a high speed fastball to the batter and really stresses the importance of getting the hands moving in order to hit that ball.

6.

INSIDE/OUTSIDE DRILL

SETUP:

Batter gets into stance at home plate.
Coach stands 10-15 feet away with
wiffle balls.



PURPOSE:

Helps batter identify pitch location and
then hit the ball where it is pitched.



Coach soft tosses to inside and outside locations

INSTRUCTIONS:

1. Batter gets into good stance.
2. Coach throws a wiffle ball either inside or outside to the batter.
3. Batter must recognize where the pitch is at (inside or outside) and then hit the ball where it is located.

COACHING TIPS:

- Outside pitches should be hit to right field (right-handed batter) and inside pitches should be turned on and hit to left.
- Batter should be keeping head still and eyes on the ball right through contact.

7.

CALL OUT LOCATION DRILL

SETUP:

Batter gets into stance at home plate.
Coach stands 10-15 feet away with wiffle balls.



PURPOSE:

Batter practices hitting the ball where it is pitched.



Batter waits on the pitch, calls out location of the pitch, then hits the ball.

INSTRUCTIONS:

1. Batter gets into good stance.
2. Coach throws a wiffle ball either inside or outside to the batter.
3. Batter calls out location, either "in" or "out" then swings and hits the ball.

COACHING TIPS:

- Remember, inside pitches should be hit to left field and outside pitches to right field (right-handed batter).
- Make sure head is being kept still and eyes remain on the ball.

8.

CALL OUT PITCH DRILL

SETUP:

Batter gets into stance at home plate.
Coach stands 10-15 feet away with wiffle balls.



PURPOSE:

Batter practices hitting the ball where it is pitched.



Batter waits on the pitch, calls out the type of pitch (fastball, changeup etc) then hits the ball.

INSTRUCTIONS:

1. Batter gets into good stance.
2. Coach throws a wiffle ball to the batter.
3. Batter calls out what pitch is being thrown – fastball, curveball or changeup and then hits the ball.

COACHING TIPS:

- Batter must stay back on the curveball and changeup.
- Make sure head is being kept still and eyes remain on the ball all the way through contact.

9.

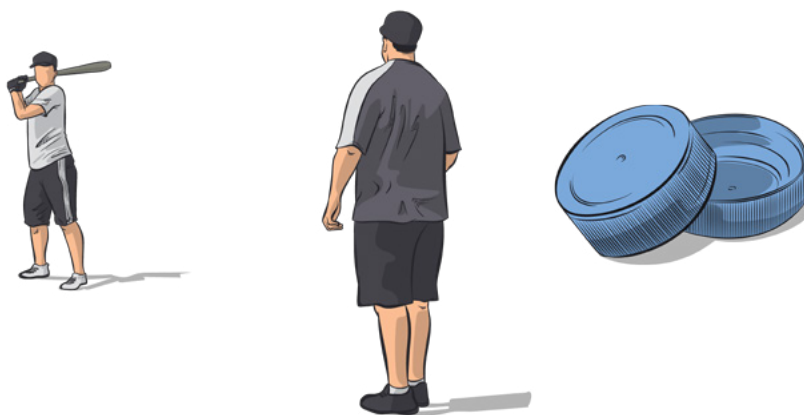
BOTTLE CAP DRILL

SETUP:

Batter gets in stance. Coach or another player stands in front. Instead of balls, you'll be using bottle caps.

PURPOSE:

Great for hand-eye coordination.



INSTRUCTIONS:

1. Coach or another player throws a bottle cap or small plastic golf ball to the batter who attempts to hit it with a regular bat.
2. Repeat.

COACHING TIPS:

- Bottle caps in particular provide a lot of movement – they can dip, tumble, curve. Batter needs to really keep his eye on the target.
- Number one goal for this drill is for the batter to make contact.
- This is a difficult drill so encourage players – if they can hit a bottle cap then a ball is going to seem much bigger and easier to hit.

10.

INSIDE PITCH DRILL

SETUP:

Batter gets in normal stance with net to his backside. Coach kneels in front of right-handed batter to the right of his front hip.

Use tennis balls instead of baseballs for safety.

PURPOSE:

Teaches hitter to turn on the inside pitch.



Waiting on the toss.



Hitting the ball into the net.

INSTRUCTIONS:

1. Coach tosses tennis ball to batter.
2. He swings and pulls the ball into the net.

COACHING TIPS:

- Player must keep hands inside the ball when swinging.
- Toss the ball slowly to the batters front hip so that he has time to turn on the ball and drive it into the net.



STRENGTH AND POWER DRILLS



1.

HEAVY BALL DRILL

SETUP:

Batter stands in front of net. Coach kneels to the side.

WHAT YOU NEED:

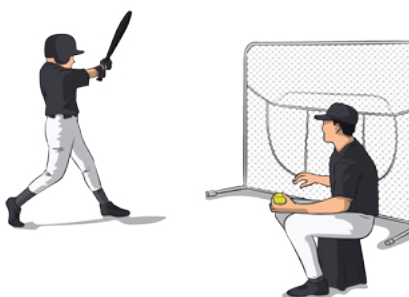
You can buy heavy training baseballs, or create your own by soaking old baseballs in water overnight.

PURPOSE:

Teaches hitter to drive through the ball. Great conditioning drill for wrists and forearms.



Tossing the heavy ball.



Hitting the heavy ball.

INSTRUCTIONS:

1. Batter gets into batting stance.
2. Coach tosses five heavy balls to the batter who drives them into the net.
3. Then coach tosses five regular baseballs to the batter and he hits those into the net.

COACHING TIPS:

- Player will really have to use his hands, wrists and forearms to drive through and hit the heavy balls hard into the net.
- When the drill switches to regular baseballs they should really be jumping off the player's bat.

2.

HEAVY BAG DRILL

SETUP:

Batter stands at tee in normal batting stance. A ball is NOT placed on the tee. A heavy bag (or rolled up gym mat) is placed in front of the tee.

PURPOSE:

Batter works on moving body forward during swing and feeling resistance.



Swinging over the tee and hitting the bag.

INSTRUCTIONS:

1. Batter gets into normal stance.
2. The coach holds the heavy bag in front of the plate
3. Batter takes dry practice swing.
4. He swings down and over the tee trying to come close to the top of the tee without hitting it.
5. He swings into the heavy bag, which the coach is holding, and freezes.

COACHING TIPS:

- Batter should be swinging down and pushing his body forward toward the (imaginary) ball.

3.

HEAVY BAG KNOCKDOWN DRILL

SETUP:

Batter stands at tee in normal batting stance. A ball is NOT placed on the tee. A heavy bag is placed in front of the tee.

PURPOSE:

Batter works on moving body forward during swing, feeling resistance and following through.



Stance



Swinging over the tee and hitting the bag.



Following through.

INSTRUCTIONS:

1. Batter gets into normal stance.
2. Coach holds the heavy bag in front of the plate, then steps back before the batter's swing.
3. Batter takes dry practice swing.
4. He swings down and over the tee trying to come close to the top of the tee without hitting it, then connecting with the heavy bag
5. The batter swings through the bag and knocks it over, following through after the swing.

COACHING TIPS:

- This drill is important because you don't want the batter to stop at contact. You want him to continue through the ball.
- Batter should be finishing balanced.

4.

PARACHUTE DRILL

SETUP:

Batter gets into normal stance anywhere on the field.

PURPOSE:

Teaches batter to take a full swing and follow through without slowing down at the point of contact.



Stance



Swing



Following through.

INSTRUCTIONS:

1. A bat parachute or another device, like a donut or heavy wrap is placed on the bat.
2. Batter gets into stance.
3. Batter swings the bat making sure to continue on when resistance provided by one of the devices above is encountered.

COACHING TIPS:

- Many young batters stop at contact. This drill teaches them to continue past resistance.
- At follow-through, batter's back foot should have shoelaces pointed toward pitcher, hips should be square to pitcher and the hands should finish high at shoulder level.
- Make sure batter is not slowing down during swing. They should be finishing as fast as possible.
- Batter should strive to keep head still, go all the way around fast and finish balanced.

4.

MOJO DRILL

SETUP:

Drill can be run anywhere, such as the dugout, the bleachers, a chair, etc. You'll need a dumbbell, or a bat handle with a weight attached to the end. You could wrap an ankle weight around it or slide a donut over the end.

PURPOSE:

Strengthens the forearm, wrist and hand.



Down and back.



Side to side.

INSTRUCTIONS:

1. Player holds a sawed off bat handle with a weight at the end.
2. He then does wrist curls, lowering and raising the weight.
3. He also moves the weight side to side.

COACHING TIPS:

- Players swing the bat from the elbow down. They need good strong forearms and wrists and that's exactly what this drill targets.
- Make sure players are focused and serious about the drill to ensure they get maximum benefits.

5.

WRIST BUILDER

SETUP:

You can buy a wrist builder or create your own by attaching weights with a strong cord or rope to wooden or metal handle.

PURPOSE:

Helps player develop strong hands and forearms.



Using the wrist builder.

INSTRUCTIONS:

1. Player rotates hands so that a weight is lifted.
2. He then rotates hands the opposite way so the weight is lowered.

COACHING TIPS:

- Hold arms straight. Be sure not to sway back and forth or lean side to side. You want to stand stationary when using this device.