

BASEBALL

Hitting Drills

DRILLS WITHOUT BASEBALLS

- STRIDE DRILL - Hitter places bat on stomach and controls his balance (Daily 7)
- TRIGGER DRILL - Hitter does his trigger without a stride (Daily 7)
- SOLID BACK LEG DRILL - Once in his stance, hitter pulls front leg back so that he can feel a solid back leg on his trigger.
- FIRM FRONT LEG DRILL - Hitter gets into an extremely closed position with his front leg so he can feel the front leg catching his weight.
- TRIGGER AND STRIDE DRILL - Hitter practices his trigger and stride (Daily 7).
- HEEL UP/HEEL DOWN DRILL - Hitter lifts his heels 3 times while catching his weight between his legs and swings the third time.
- HIP TURN DRILL - With the bat behind his back, the hitter practices his hip path (Daily 7)
- SLOT DRILL - Hitter practices getting into the slot position (Daily 7).
- BAT LAG DRILL - Hitter slides his top hand up the bat and swings the bat emphasizing bat lag (Daily 7).
- ONE ARM SWING - With a short bat, hitter works on hand path.
- GROUP DRILL - With the coach acting as a pitcher, the group of hitters practice swings and takes as the coach says ball or strike.
- POINT DRILL - Hitters partner up. One gets down on his knees and uses the end of the bat to point out different pitches in the strike zone. His partner take dry swings.
- FENCE DRILL - Hitters stand a bat length away from the fence and take swings emphasizing bat lag.
- SLAP HANDS DRILL - Hitters partner up and one holds out his hand as the other takes a dry swing without a bat and slaps his partner's hand.
- SIDE-ARM THROW - Hitter uses a short bat to throw in a side-arm motion, emphasizing hand path (Daily 7).

SOFT TOSS DRILLS

- REGULAR SOFT TOSS - Hitter triggers off a deliberate feed and hits.
- SOFT TOSS WITH FAKES - Same as above but the feeder occasionally holds the ball.
- SOFT TOSS WITH CHANGE-UPS - Same as above but occasionally the feeder puts a big loop into his toss.
- THREE-BALL SOFT TOSS - 3 balls are fed in a rapid fire type drill.
- FIRM BACK LEG DRILL - Hitter drops stride leg back so that weight is on a solid back leg, he then triggers and strides.
- SOLID FRONT LEG DRILL - Hitter places front leg into an extremely closed position and swings.
- TRIGGER AND STRIDE 3 TIMES - Using a batting tee, hitter triggers and strides 3 times, hitting on the last one.
- HIT FROM THE SLOT - Getting into a slot position, the hitter rolls back slightly on the feed and hits.
- BACK ELBOW DOWN - Hitter starts with his back elbow down against his side and leaves it there during his trigger and stride. Use a tee and hit all locations of the strike zone.
- TOP HAND OVER DRILL - Hitter places his top hand in a turned over position and hits. The top hand releases when it has to.
- BAT LAG DRILL - Hitter places his top hand up the bat head, then pulls the bat with his bottom hand creating lag.
- WEIGHT SHIFT DRILL - Hitter gets into his stride position, then without additional foot movement, he triggers and hits.

- BALANCE DRILL - Hitter starts in a finished pose, he then rolls back, hits, then stops for a count of three at the end.
- INSIDE/OUTSIDE SOFT TOSS - using 2 catch nets, the hitter hits to left field or right, depending on the toss. A tee can also be used.
- HARD INSIDE THE BALL DRILL - Using a tee placed on the inside corner of the plate, the hitter stays inside so that he hits the ball to the opposite field.
- ONE ARM DRILL - Using one arm, the hitter works hand path.
- ONE ARM RAPID FIRE – Hitter works bat speed with one arm swings. Rounds of 5-10.
- ONE ARM INSIDE/OUTSIDE SOFT TOSS - Using 2 catch nets and the one arm only, the hitter hits to left or right field, depending on the toss.

SHORT TOSS / CAGE DRILLS

- INSIDE/OUTSIDE TOSS DRILL - The feeder alternates between inside and outside pitches.
- SPLIT THE PLATE IN HALF DRILL - Hitter either looks inner half or outer half and swings accordingly.
- PULL DRILL - In a short toss situation, the ball is fed at the hitters body and he must stay inside the ball and hit it fair.
- 90 DEGREE DRILL - The hitter lets the ball get so deep that he hits it sideways.
- GOOD PITCH TO HIT DRILL - Hitter only swings at pitches he can crush. If he fails to do that then he switches position with the thrower.
- SWING/TAKE/SWING DRILL - Hitter intentionally alternates between hitting and taking pitches.
- AROUND THE FIELD DRILL - Hitter hits ball from one line to the other and back.
- WEIGHT SHIFT DRILL - Same as soft toss drill.
- FRONT ARM ONLY DRILL - Using his bat in a choked up manner to start with, the hitter swings with just one hand.
- FRONT ARM INSIDE/OUTSIDE TOSS DRILL - Using a short bat the hitter alternates between pulling the ball and going the other way.
- RELEASE POINT/STRIKE ZONE DRILL - As soon as the hitter sees the ball released, he says ball and then as soon as possible he makes a ball or strike call (No swing).
- ADJUSTMENT DRILL - Using 3 cones at 15', 30', and 45', the hitter adjusts his timing based on the ball being over a particular cone (45=middle away; 30=hit&run; 15=two-strike swing) along the way.
- HARD IN/SLOW AWAY DRILL - In a short toss situation, the feeder tosses the ball firm to the inside corner and slow to the outside corner. The feeder should have an angle so that the outside pitch is going away from the hitter.