

CHANHASSEN BASEBALL COACH'S CLINIC

HITTING PART 1

YOU ARE INVITED!

The support of our coaches and putting the concepts into practice for the benefit of all of Chanhassen Baseball is rooted in the development of coaches that are equipped with the skills to assess players and implement solutions towards advancing the player to higher levels of baseball. This includes approaching the players in a learning environment that supports their learning style and the hands-on learning approach that is needed to master a sport. Mike Gmetro will be leading Chanhassen Baseball Coaches and Parents in a clinic-like setting to work on specific skills on a regular basis.

Hitting Philosophy:

5 Min

1. Encourage a passion in each player to have a **desire to love to hit**
 2. Equip each coach with an understanding of how to **evaluate each hitter, identify holes in a swing, and how to fix a player's swing with confidence**
 3. **Encourage each player** to believe in themselves **free of failure and ready for success**
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Coaching Points:

20 Min

- Pre-swing Evaluation:
 - Posture (head to feet evaluation: Be an athlete)
 - Lead elbow down
 - Grip Pressure and hands on the bat
 - Confidence Level
- Swing
 - Stride
 - Back Knee Turning
 - Head Movement
 - Stacked Up
 - Bat Path
 - Follow Through
- Swing Evaluations and Corrections
 - Stride length too long
 - Place an object just in front of the stride foot. The player will be cognizant of the object and will naturally shorten the stride without compromising the swing-
 - Back Knee Turning not turning
 - If the back knee is not turning, then teach the player to turn his back foot to turn. Teach the player to turn his shoe laces to the pitcher. ****do not teach above the knee, ie hips because the foot turns the knee and the knee turns the hips. It does not work the other way****
 - Knee straps help the knees work together
 - Ball between the legs prevents stride separation
 - Struggling with Posture-
 - When a player is bending at the waist and tipping over... teach the player to press his knees to the ground with slight pressure between their knees. Then teach them

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to raise their belt buckle forward which will press the chest back to ensure the player is "stacked up"

- On the low pitch...teach the player to drop their hands on the ball rather than bend at the waist. (Tee work should be on the lowest setting to help with this hitting action)
- **Bat Path (Casting):**
 - The player's front elbow is either starting too high or lifting during the swing. The player must keep their front elbow down. It does not matter if the back elbow is up or down to start. It is a personal preference. If the front elbow is down the back elbow will naturally fall into the slot. Emphasize the barrel staying very close to the back shoulder for as long as possible through the swing. (Bottom hand tee work will help with bat path)
- **Follow Through (Lack of Power)**
 - Players who make great contact but the ball is not traveling very far are plagued with two major issues.
 - 1.) Focusing on contact only and stopping the swing before following through
 - 2.) Fear of swinging and missing. Too many players would rather put the ball in play regardless of the count, and they are not allowing themselves the freedom to swing all the way around and into a full follow through.
 - a. ** evaluate if a player's swing is entering the hitting zone sharply and exiting sharply. A player may need to let go of the bat with the top hand after contact to make sure the barrel stays in the zone longer. This will also free the grip tension a player has on the bat. This is not an automatic change, but it is good to see if a player likes the change. They will usually give you an immediate response.

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Drills:

40 Min

- **Station 1: Tee Drill**

- No bat, toss ball and players catches with top hand

Coaching Points 1: Show separation between legs and upper body

Coaching Points 2: Legs must turn before upper body moves, creating whip action

- **Station 2: Tee Work**

- Regular- low tee, middle of plate
- Advanced- low tee, inside and outside

Coaching Point 1: Head position and posture during swing

Coaching Points 2: leg action and turning during swing (Advanced: knee turn inside baseball)

- **Station 3: Lead Arm (bottom hand)**

- Tee Work- Tee in middle, bottom hand close to the top of grip, other hand on chest and swing

Coaching Point 1: Lead elbow down

Coaching Points 2: Control the barrel through swing- swing plane

- **Station 4: Lead (Front) Toss Hold**

- Open palm and pitch underhand to strike zone Creates balance and instant feedback

Coaching Point 1: Legs turning prior to arms striking ball

Coaching Points 2: Creates balance and instant feedback

- **Station 5: Soft toss**

- 45 degree angle soft toss (throw on a line to the inside back thigh)
- 2 Ball Soft Toss- same, but with two balls high and low

Coaching Point 1: Learn how to track ball with eyes

Coaching Points 2: Moving legs first

- **Station 6: Explosion ball**

- Lead (Front) Toss- Oversized ball to work on exploding through the ball

Coaching Point 1: Using legs and swinging hard at the ball

Coaching Points 2: Continue on swing follow through the ball

- **Time Permitting: Team Challenge**

- Full team event to promote team development, team competition, and fun

Coaching Point 1: Build teamwork and support other players

Coaching Points 2: Support the team concept

Player Evaluations:

30-40 min

Questions and Feedback:

20 min