



## **Berlin Youth Baseball – Fundamentals Clinic Drills**

**Goal of this document:** Provide coaches, parents, and players with a follow-up on some of the main drills used and during the fundamentals clinic that can be practiced at home or in future practices.

### **Hitting**

#### **1.) “One Knee” swing**

Setup the batter next to home plate in their batting stance, but have them drop down onto their back knee, with their front foot out in normal position. The batter then works on swinging with their upper body, bat up, elbow up, load back, twist, swing forward and follow-through so the back comes around to their back. This is effective to keep the batter’s weight back and making sure they are not lunging forward.



#### **2.) “Back Foot Cone” swing**

Setup the batter next to home plate in their batting stance. Place a tall orange cone (or bucket) directly behind their back foot. The batter starts by “loading” to their back foot, then launching forward. Their back foot should not move, but instead pivots on the toes. The important part of this drill is ensuring when they load back, their foot and body is not moving backward, but instead staying straight up. Then during the stride forward the back foot pivots in slightly a forward direction, thus that back foot should never “move” or touch the cone/bucket.



#### **3.) “Back Hip Load Titled Tee” swing**

Setup the batter next to home plate in their batting stance. Place a 2<sup>nd</sup> tee, tilted (by putting a baseball under it) directly behind their back knee. The batter starts by “loading” to their back foot, then launching forward. Their back foot should not move, but instead pivots on the toes. The important part of this drill is ensuring when they load back, their leg and body is not moving backward, but instead staying straight up. Then during the stride forward the back leg pivots in slightly a forward direction, thus that back knee should never “touch” the titled tee.

