

Double Tee Drill

Purpose

Incorporates all the elements of a fundamentally sound swing. Eliminates loop from swing and gets batter to focus on hitting top half of baseball.

Drill Setup

Set up two tees, one in front of the other. Place a ball on the front tee. Tees are the same height.

How it Works

1. Batter swings and hits the ball without hitting the back tee.
2. After hitting the ball, batter or coach places another ball on the tee and the batter swings again.



Coaching Tips

- Remember, each time he swings batter should be using trigger, stride and hip rotation.
- Batter should be hitting down on the ball.

Make it Easier: Start by running the drill without a bat just to get the batter used to going through his entire swing mechanics – trigger, stride, hip rotation, swing. Then use dry swings with a bat (but without a ball). Finally progress to the ball on the tee.

Make It Harder: Change the height and location of the tees so the batter is hitting inside, middle, outside, high, middle and low.

Hip Rotation Drill

Purpose

Batter works on getting good hip rotation.

Drill Setup

Batter gets into stance beside two tees, one in front of the other. Bat is held behind the back in the crook of the elbows with barrel outside the body. Coach stands 10-12 feet away, at an angle, with a bucket of balls.



How it Works

1. Coach flips the ball underhand to the batter who rotates his hips and attempts to hit it using the bat held behind his back.
2. After hitting the ball, coach flips another ball and the batter swings again.

Coaching Tips

- Tees are used in the original version of this drill to remind the batter not to “loop his swing.”
- Barrel of bat should always be up, batter should not ever drop the bat head.
- Make sure batter’s hips are turned when he makes contact with ball.
- In this drill it is not important that the batter hit the ball, just that he rotates his hips.

Make it Easier: Instead of a soft toss, have the batter hit the ball off the first tee

Make It Harder: Pitch the ball from further away to challenge the batter’s timing

Top Hand Drill

Purpose

Helps batter learn to control the bat and improve swing mechanics.

Drill Setup

Use a lighter than normal bat. Set up two tees, one in front of the other, as a reminder not to loop the swing. Coach stands 10-12 feet away, at an angle, with a bucket of balls.

How it Works

1. Batter holds the bat with his top hand only. He goes through regular swing motion and hits a ball tossed underhand by the coach.
2. After hitting the ball, coach flips another ball and the batter swings again.

Coaching Tips

- Top hand is the directional hand, it controls the direction of the swing.
- Contact isn't as important in this drill. This drill is more about the player learning good bat control with his top hand.
- Tees are used to remind batter not to loop his swing.

Make it Easier: Instead of a soft toss, have the batter hit the ball off the first tee

Make It Harder: Pitch the ball from further away to challenge the batter's timing



Bottom Hand Drill

Purpose

Helps batter learn to control the bat and improve swing mechanics.

Drill Setup

Use a lighter than normal bat. Set up two tees, one in front of the other, as a reminder not to loop the swing. Coach stands 10-12 feet away, at an angle, with a bucket of balls.



How it Works

1. Batter holds the bat with his bottom hand only, choking up as much as he needs to gain control. Off hand is tucked behind his back.
2. He goes through regular swing motion and hits a ball tossed underhand by the coach.
3. After hitting the ball, coach flips another ball and the batter swings again.

Coaching Tips

- In this drill, it is often difficult for the batter to make contact due to bottom hand being his non-dominant hand. Stress that contact is not important, batter should be focused on controlling the bat.
- Tees are used to remind batter not to loop his swing.
- Swing should be down on the ball – no uppercuts.

Make it Easier: Start by running the drill without a bat just to get the batter used to going through his entire swing mechanics – trigger, stride, hip rotation, swing. Then use dry swings with a bat (but without a ball). Finally, progress to the ball on the tee. Then hitting a soft tossed pitch.

Make It Harder: Use smaller balls, like whiffle balls, or whiffle golf balls to hit

Regular Flip Drill

Purpose

Helps batter work on and perfect swing mechanics.

Drill Setup

Set up two tees, one in front of the other in front of a net. Coach stands 10-12 feet away, at an angle, with a bucket of balls.



How it Works

1. Coach flips ball to the batter who goes through his complete swing motion and hits the ball into the net.
2. After hitting the ball, coach flips another ball and the batter swings again.

Coaching Tips

- The BIG key with this drill is to hit line drives not pop-ups. That means keeping a short swing and hitting the top half of the ball.
- If the batter hits a tee, he immediately knows he looped his swing.

Make it Easier: This drill can also be run off the tees with the ball placed on the first tee.

Make It Harder: Coach changes locations on his flips moving the ball up and down and inside and outside.

Two-Ball Flip Drill

Purpose

This drill helps the batter develop concentration as well as good hitting fundamentals (in particular keeping his weight back and waiting on the ball).

Drill Setup

Batter stands beside two tees. Coach stands 10-12 feet away, at an angle, with a bucket of balls.



How it Works

1. Coach holds two balls, one on top of the other, in his hand and tosses them to the batter.
2. Coach underhand soft tosses two baseballs to the batter.
3. Coach calls out “top” or “bottom.”
4. Batter swings and hits the corresponding ball.

Make it Easier: Use colored balls and call out the color of the ball the batter is supposed to hit. Call out “top” or “bottom” before tossing the pitch.

Make It Harder: Wait until the last moment to call out “top” or “bottom”

Two-Ball Horizontal Flip Drill

Purpose

This drill also helps the batter develop concentration as well as good hitting fundamentals (in particular keeping their weight back and waiting on the ball).

Drill Setup

Batter stands beside two tees. Coach stands 10-12 feet away, at an angle, with a bucket of balls.



How it Works

1. Coach holds two balls, side by side, in his hand and tosses them to the batter.
2. Coach underhand soft tosses two baseballs to the batter.
3. Batter swings and attempts to hit one ball into the other so that both balls go forward.

Make it Easier: Coach tosses the balls higher and softer to give the batter more time.

Make It Harder: Coach fake tosses and changes release points to ensure the batter has to concentrate even more.

Three Ball Drill

Purpose

This drill helps the batter improve his quickness with the bat.

Drill Setup

Batter stands beside two tees. Coach stands or sits safely off to the side.

How it Works

1. Coach underhand soft tosses three baseballs in quick succession to the batter.
2. Batter swings and attempts to hit each ball.

Coaching Tips

- On first swing batter goes through trigger, stride, hip rotation and swing.
- On second and third swings he just brings the bat back and forward quickly – his feet do not move. This drill is all about developing quickness with the bat.

Make it Easier: Pause slightly between each pitch and allow the batter to rest. Over the course of the drill, reduce the length of the pause and speed up the pitches.

Make It Harder: Coach speeds up the pace and tosses the balls even faster to the batter. You can also extend this to five or seven pitches in a row to really test the batter's quickness and stamina

Behind the Batter Flip Drill

Purpose

Improves the hitter's bat speed, vision, and tracking skills.

Drill Setup

Batter stands besides two tees.
Coach stands or kneels 8-10 feet behind the batter.



How it Works

1. Coach underhand tosses a ball to the batter.
2. Batter swings and drives the ball out into the field or into a net.

Coaching Tips

- Make sure batter is tracking the ball with his eyes from the moment it leaves the coach's hand – this will help improve focus on the ball. In other words, his eyes should be following the ball as it passes.
- Make sure batter is extending fully on his swing.

Make it Easier: Start at angle to the side of the batter and slowly move toward the back side with each pitch.

Make It Harder: Start 8-10 feet behind the batter, then take a step back with each pitch