



THE BATTING CAGE
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DRILLS

LEARNING THE SYSTEM

1. Getting in the Stance
2. Stance-Coil Dry run
3. Stance-Stance-Coil Dry Run
4. Drive to Contact
5. Drive through Finish
6. Hand Drills
7. Body Bar Drills
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24. Basketball Pivot Drill-Tube/Tire Hitting



Getting into the Stance Position

Reason for the drill



To gain a knowledge of the proper stance position

Equipment



Full length mirror

No bat

No ball

Drill Action



Set up the stance:

1. Assume the athletic position.
2. Set up the front side position (L arm position)
3. Set up the back side position (power V arm).
4. Complete the stance position.

Coaching Point



The hitting process begins with the proper stance position. The use of a mirror will help the hitter to be able to visualize his stance position.



Getting into the Stance Position

1. Assume the Athletic Position



Hands down



Fingers pointed forward



Fingers pointed over big toes

2. Place the Lead Arm (L-arm) Into Position



Front arm extended out, palm down



Front arm forms Power-L



Stance is shoulder width

3. Set up the Backside Position (Power-V Arm)



Extend back arm to shake hands



Raise the forearm



Tuck it in



Raise the elbow 45°

4. Place the Arms In the Proper Position

Bring the hands together assuming the L-Arm on the front side and Power-V arm on the backside..





Reason for the drill



To achieve the proper coil action in hitting: a rhythmic action, which takes the weight to the backside preparatory to the stride

Equipment



Full length mirror
Regulation size bat or **SPEED-BAT**.
No ball

Drill Action



Set up the dry run hand drills:

1. Assume the stance position.
2. Initiate the coil action with a slight inward turn of the hips, while lifting the front heel.
3. Reset the stance position and repeat.
4. This drill should be repeated until the hitter has accomplished the good coil action.

Coaching Point



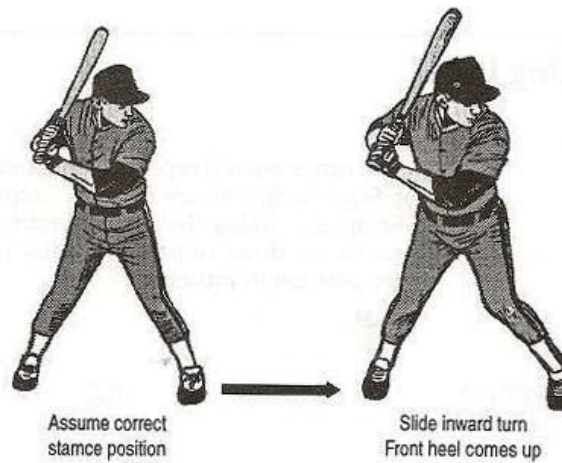
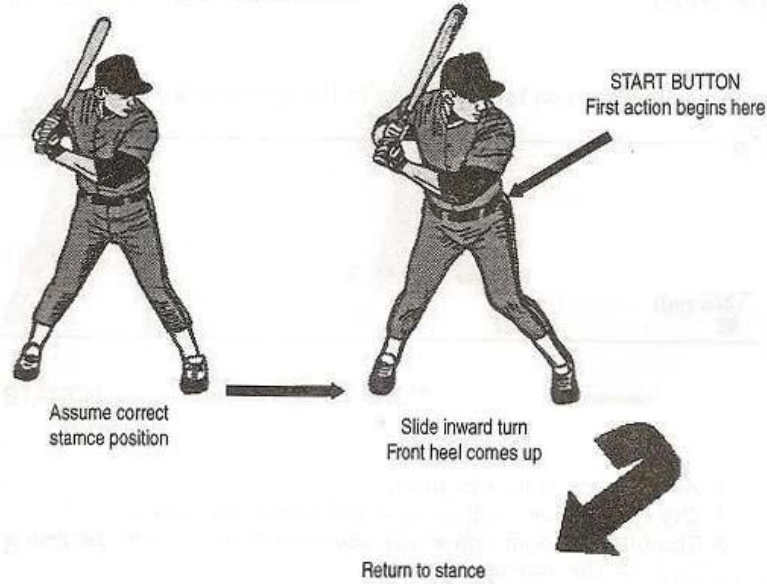
The coil is a smooth, rhythmic, slight inward rotation of the hips to overcome inertia and "load up" the backside. The first action that the hitter takes is this rotation of the hips during the coil.

The hitter can develop good coil technique by practicing the simple step of going from stance to coil and repeating the process until he has the "feel" for the coil step.

The coil is a process of loading up energy. A player can fully understand the importance of the coil by getting into a stance and stepping forward. This action would lack rhythm and control. As the coil action lifts the heel and sets the weight back, the hitter can now control his stride action. Remember, when you land in the stride, the hips remain in the coil position.



Stance - Coil - Return to Stance



Repeat the steps.



Stance, Coil, Stride (Dry Run)

Reason for the drill



To establish good hitting action in the stance-coil-stride

Equipment



Full length mirror (optional)
Regulation size bat or **SPEEDBAT**.
No ball

Drill Action



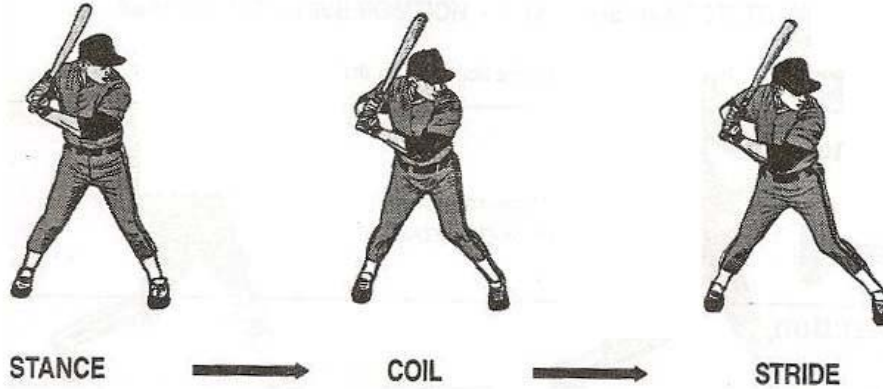
1. Assume the stance position.
2. Dry run stance - coil - stride and repeat the action.
3. The hitter should repeat the stance-coil- stride until he gets a "feel" for the activity.

Coaching Point

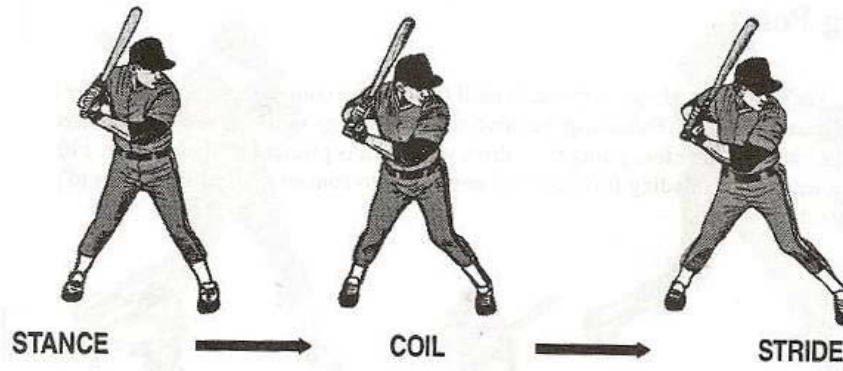


The hitter should repeat this action until the first 3 steps in the *Super 8 System* are learned. Repeating the steps over and over again, using the proper technique will develop muscle memory for these steps and establish a good approach to the drive position in hitting.

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Stance, Coil, Stride (Dry Run)



Return to stance



REPEAT



Drive to Contact (Dry Run)

Reason for the drill



To establish good hitting action from drive position to contact

Equipment



Full length mirror (recommended)
Regulation size bat or ~~SPEEDBAT~~.
No ball

Drill Action



1. Assume the drive position.
2. Dry run drive to contact position and repeat the action.
3. The hitter should repeat the drive to contact step until he gets a "feel" for the action.

Coaching Point



The hitter should repeat this drill until the drive to contact action in the *Super 8 System* is learned. Following the drive step, the energy of the stroke is transferred to the hands. Therefore going from drive to contact is primarily a hand action with the power hand exploding forward. The steps drive to contact will help the hitter to get short to the ball.



The drive position is set up with the pivot in place



The hands are placed in the launching position



Hands explode forward, snapping the bat into the contact position

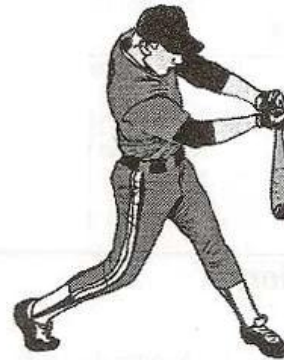
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Drive to Contact (Dry Run)



ASSUME THE DRIVE POSITION - SNAP THE HANDS INTO CONTACT



DRIVE



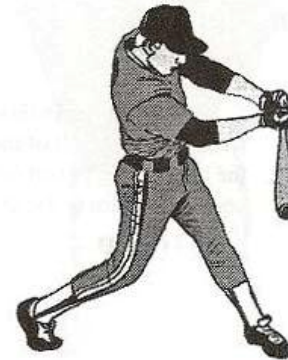
CONTACT



Return to Drive



DRIVE



CONTACT

REPEAT THE STEP SEVERAL TIMES



Drive Through Finish (Dry Run)

Reason for the drill



To establish good hitting action from DRIVE position to FINISH

Equipment



Full length mirror
Regulation size bat or **SPEED-BAT**.
No ball

Drill Action



1. Assume the drive position
2. Dry run drive to finish position and repeat the action
3. The hitter should repeat the drive to finish step until he gets a "feel" for the hands snapping completely through the hitting zone.

Coaching Point



The hitter in this drill should snap the hands completely through the strike zone with all of the arcing of the bat on the front side, finishing long with the bat coming to rest on the back shoulder. He may then roll the bat over his head and return to the drive position. Then he is ready to repeat the process.

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Drive Through Finish (Dry Run)



1. Start in the drive position
2. Swing hands through the stroke
 1. Contact
 2. Extension
 3. 2nd Extension
 4. Finish



Drive through finish

REPEAT



Reason for the drill



To gain complete understanding of the action of the hands
To eliminate the sweeping action of the hands in the stroke

Equipment



Full length mirror (optional, recommended)

Drill Action



Set up for dry run hand drills

1. Assume the athletic position.
2. Bring the front side through the hitting stroke.
3. Drive the power hand forward through the hitting stroke.
4. Both hands drive to the contact position.

Coaching Point



The route and position of the hands in the hitting stroke is easily understood when we take the bat and ball out of the action and concentrate on the actual hand action to the ball.

1. The first series demonstrates proper arm hand action of the front side. The front L- arm goes to the ball with the palm facing down.
2. The second series illustrates the proper arm action of the back side. The top hand goes from stance to the Power-V position and then through contact. The top hand (the power hand) faces up during contact.
3. The third series demonstrates both hands in the proper hitting action.

Perform this drill several times to get the feeling of the proper hand-arm action when hitting.

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Hand Drills (Dry Run)



1. Dry Run Hand Drills - Front Side - Lead Arm (L-Arm)



Set up L-Arm



Drive toward the ball



Hand goes through contact
palm facing down

2. Dry Run Hand Drills - Back Side - Power Arm (V-Arm)



Set up Power-V Arm



Drive toward the ball

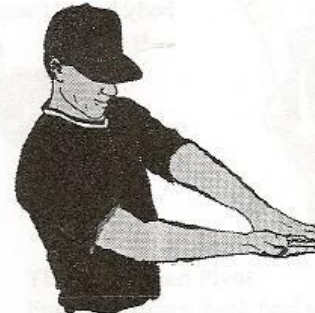


Hand goes through contact
palm facing up

3. Dry Run Hand Drills - Both Hands



Both hands together in the stance



Hands drive through contact.
Top hand faces up, bottom hand faces down.



Body Bar

Reason for the drill



To get a better understanding of how the body works in the pivot action by taking the bat away completely and concentrating only on lower body mechanics.

Equipment



The body bar (See equipment (P. 136)



Drill Action



Pivot Drill (Hitter can be assisted by the coach):

1. The hitter assumes the stance position and holds the bar at the handles with the front hand facing down and the back hand facing up.
2. Rotate the hips slightly back in a coil position.
3. Take a short direct stride while keeping the hips closed.
Stride toe to toe.
4. Pivot. When the front heel goes down, the back heel comes up as the hitter pivots toward the pitcher.

Coaching Point



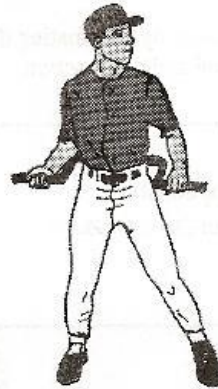
The body bar allows for the hitter to take many repetitions in comfort and get a feel for good body action.

The coach can assist by placing his hands at the back of the body bar and working with the hitter throughout the pivot action.

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Body Bar



1. Stance



Coil-Stride
Hitter remains in the coil position during the stride.



Pivot



Stride Landing
When the front heel goes down, the hips unlock and the turning action begins.

The Completed Pivot
Front heel down, back heel up



Reason for the drill



To correct poor stride habits by eliminating the stride step in dry run hitting.
To place emphasis on coil and pivot action.

Equipment



Full length mirror (optional)
Regulation size bat or ~~SPEED-BAT~~.
No ball

Drill Action



Set up in the stance position.
Coil and pivot. Then snap the hands through the hitting zone.

Coaching Point



It is actually better to have no stride than to have a poor stride.

The hitter who has problems with the stride or cannot pivot well can use this drill in order to help eliminate a poor stride. The stride does not hit the ball, but gets the hitter into position to hit with good coil and pivot action.

The hitter who has a poor stride can drill and hit without the stride by using the no stride action. The pivot which can also be a problem to a hitter can be improved by doing the no-stride drill.



STANCE



COIL

START BUTTON



DRIVE

POWER V POSITION



CONTACT

SNAP THE HANDS
INTO THE HITTING ZONE

The hitter assumes his stance and starts the hitting action by coiling front hip slightly inside. When the front heel goes down the back heel snaps up and the body pivots into the drive position. The hitter snaps the bat into the hitting zone.



Fence Drill

Reason for the drill



To eliminate the sweeping stroke. The drill forces the hands to stay inside. The fence will not allow for the hands to go away from the body.

Equipment



A fence area
Regular baseball bat

Drill Action

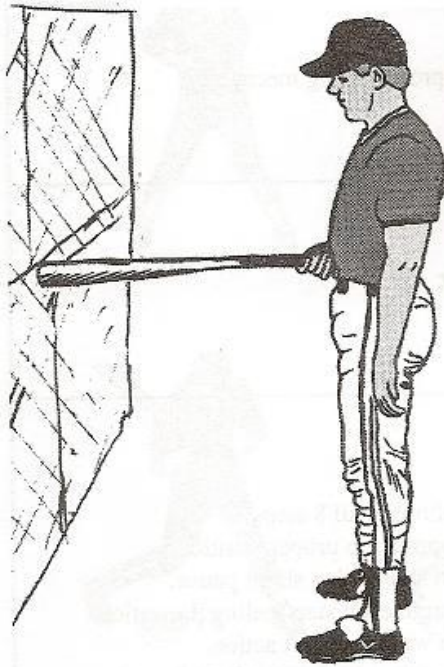


1. Place knob of bat against belly button and tip of the barrel against the fence.
2. Take dry swings (no ball).
3. If we sweep the bat, we'll hit the fence.

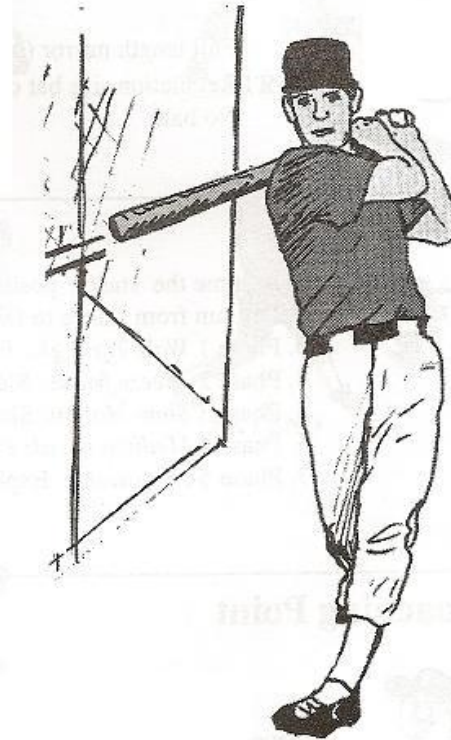
Coaching Point



This is an excellent off-season drill which helps the hitter to maintain the good short power stroke and eliminate the sweep in his mechanics.



Place knob of bat against belly button and tip of the barrel against the fence.



The bat should come through the hitting zone without hitting the fence.

FENCE DRILL: Eliminates arcing on the backside



Reason for the drill



Putting all the parts together to improve hitting mechanics.

Equipment



Full length mirror (optional)
Regulation size bat or **SPEED-BAT**.
No ball

Drill Action



1. Assume the stance position.
2. Dry run from stance to finish stepping through all 8 steps.
3. Phase 1 *Walk Through*: Feel each step come into proper position.
4. Phase 2 *Freeze frame*: Step through each step with a slight pause.
5. Phase 3 *Slow-Motion*: Slowly move through each step feeling the action.
6. Phase 4 *Medium speed*: Pick up the pace with good bat action.
7. Phase 5 *Explosions*: Explode the bat at game speed through all 8 steps .

Coaching Point



The final phase explosions should be performed only when the hitter believes that he has accomplished the first 4 phases correctly. The bat should not be exploded with arm action but with good hand action snapping through the strike zone.

The body action is a smooth, fluid action, while the hands explode the bat through the contact zone.

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The Complete System



STANCE



COIL



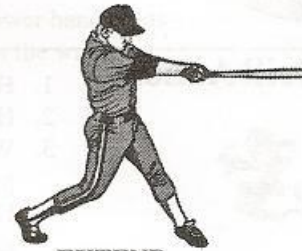
STRIDE



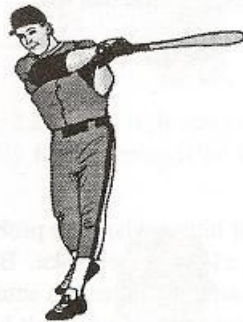
DRIVE



CONTACT



EXTEND



**EXTEND
AGAIN**



FINISH

Dry run. The hitter steps through the complete system using 5 different speeds from walk-through to explosions.



Power Hand Drill

Reason for the drill



- To develop good Power-V and hand action
- To develop proper lead-arm action
- To eliminate loop action and develop a direct stroke

Equipment



SPEED-BAT.

Wiffle Balls (optional)

Drill Action



1. Hitter assumes batting stance.
2. Hitter stretches power hand forward, palm facing up.
3. With the lead arm holding the Speed Bat in proper position, the power hand grasps the lead arm at the wrist.
4. Hitter takes a direct stroke with the power hand driving the lead arm through the hitting zone.
5. The hitter can release the power arm in the second extension. (Only in this drill do we recommend that the top hand let go before the hitter completes his stroke.)
6. This drill can be used in either dry run or in wiffle ball toss.

Coaching Point



The Power Hand drill is an excellent drill for hitters who have problems with the lead arm “spoking” out, creating a loop in the stroke. By placing the power hand at the wrist of the lead arm, the hitter can actually force the lead arm to get through the hitting zone. As a result he will develop quicker bat speed.

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Power Hand Drill (Dry Run)



Set up: Power hand extends forward, palm facing up.



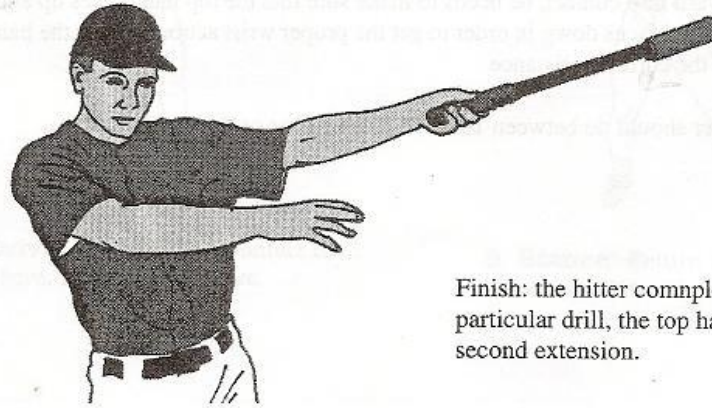
Stance: Power hand holds lead arm at the wrist.



Drive: Lead arm is driven directly forward and actually forced through the hitting zone.



Contact: The lead arm now extends into the contact zone, while the power hand is the driving force.



Finish: the hitter completes the stroke. In this particular drill, the top hand does release at second extension.



Band Bat Drill

Reason for the drill



- To develop strong hands
- To increase muscle memory for the correct stroke

Equipment



1. Wooden bat w/ eye-bolt screwed into the percussion area of the bat.
2. Thera-band or surgical tubing with metal clips secured at each end.
3. One metal clip attaches to a strong page fence.
The other clip attaches to the eyebolt on the bat.

Drill Action



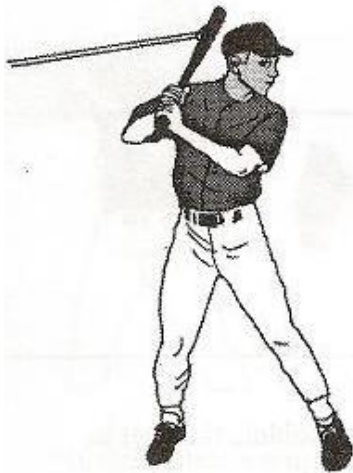
1. The hitter assumes the power stance and without striding, coils and pivots into the drive position.
2. He then pushes his hands into contact, feeling the resistance of the band.
3. The hitter returns to the drive position, feeling the negative action, and then returns to stance.

Coaching Point

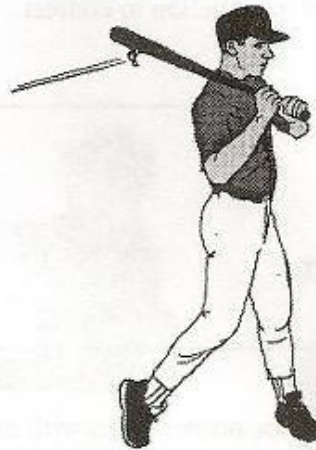


The band bat drill helps to develop strong wrists. As the hitter pushes the bat forward into contact, he needs to make sure that the top hand faces up and the bottom hand faces down in order to get the proper wrist action and for the band to provide the correct resistance.

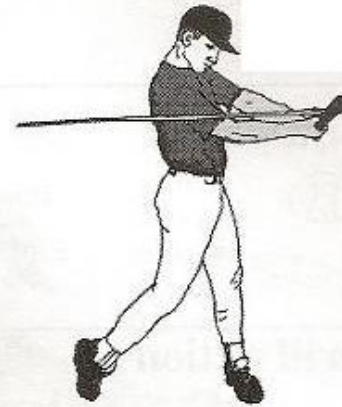
The hitter should do between 10 and 12 repetitions of this drill.



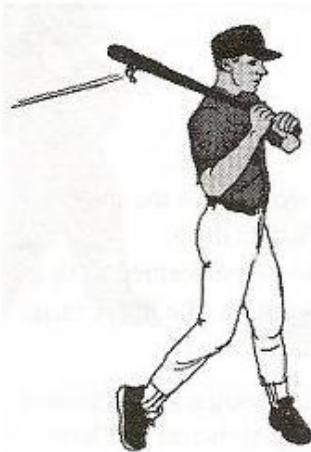
1. Stance - coil



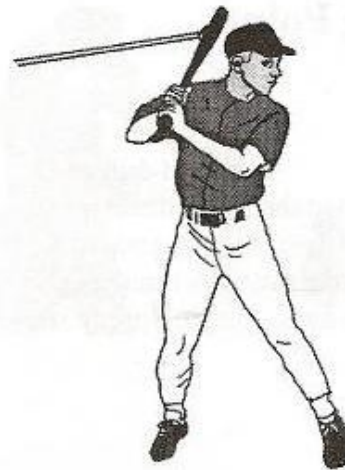
2. Drive



3. Contact: The hitter should feel the band



4. Drive: Unwind from contact to drive, to feel the negative.



5. Stance: Return to the stance position. Then begin again.

Reason for the drill



To develop proper hand action to contact

Equipment



Hand matt



SPEEDBAT.

Drill Action



The hitter assumes the power stance with the coach holding the matt in front of the lead arm.

1. Hands only: Top hand holds the thumb of the bottom hand, knocking knuckles facing up.
No stride. Fire the hands at the mat, snapping the hands through the matt. The hitter drives straight forward to the matt (without looping)
2. Speed Bat: Hitter uses the same technique with the Speed Bat.

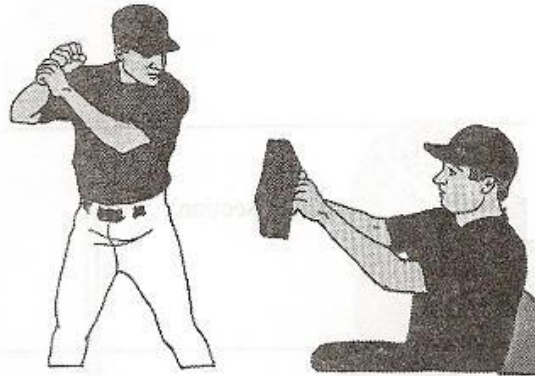
Coaching Point



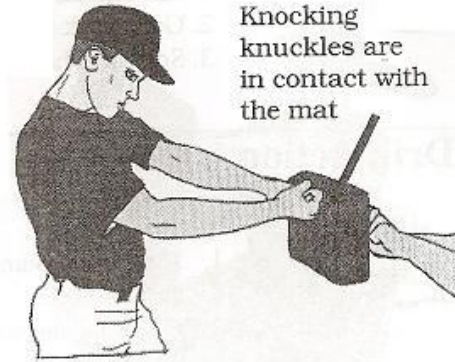
The hand drill and the Speed Bat drill in combination helps the hitter to drive the hands directly at the target, without letting the hands drop.

This is a great drill for off-season practice and can be performed with a small matt in a limited space. Although the Speed Bat is a matt, the hitter must be aware that he simply snaps the percussion on the matt.

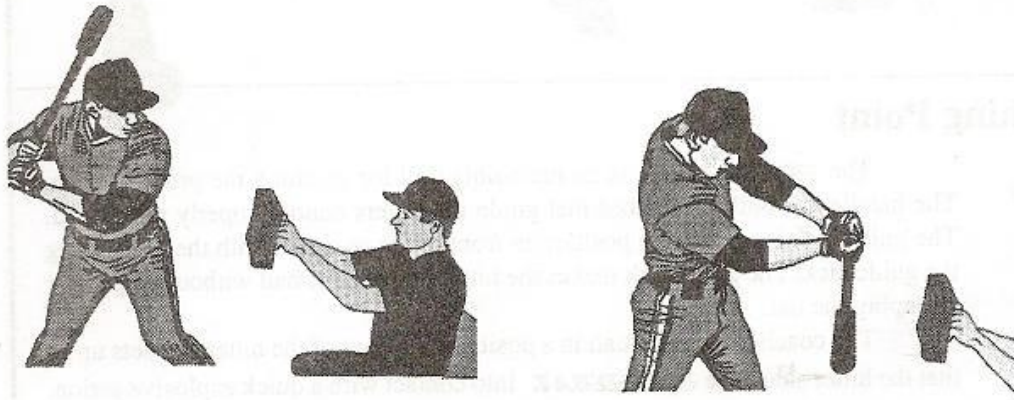
Hands only. No bat.



This drill places emphasis on the hands going directly at the target, giving the hitter a feel for correct hand action.



2. Speed Bat (Do not use a regular bat)



The Speed Bat is a good follow up drill after using the hand drill. Use exactly the same hand action, snapping the percussion into the mat.

Reason for the drill

To develop the short compact power stroke

Equipment

1. **SPEEDBAT.** (Described in the equipment section)
2. Guidestick
3. Soft hand held blocking type matt

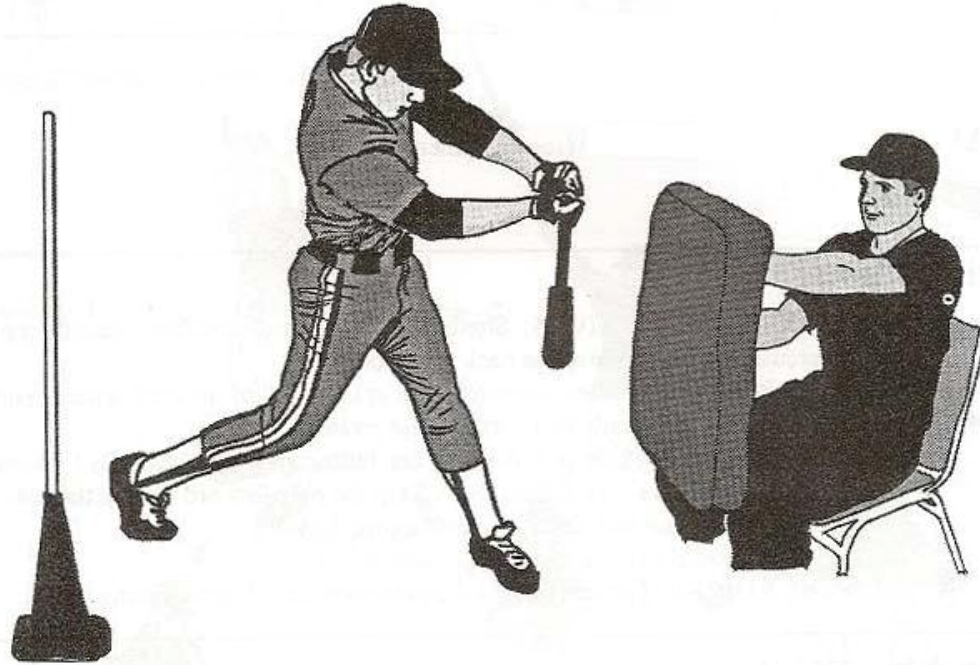
Drill Action

1. The hitter assumes the power stance with the guidestick placed at the rear foot.
2. The hitter snaps the speed bat through the matt in contact.

Coaching Point

The **SPEEDBAT.** is an incredible tool for teaching the proper stroke. The handle has built in notches that guide the hitters hands properly to the ball. The guidestick is placed at a position in front of the rear foot with the foot facing the guidestick. The guidestick makes the hitter drive to the ball without looping or sweeping the bat.

The coach places the matt in a position out front of the hitter and sets up so that the hitter snaps the **SPEEDBAT.** into contact with a quick explosive action.



The hitter works on quickness and a direct stroke.

Reason for the drill



To develop strong hands and to force the hands to be used correctly.

Equipment



Power Trainer (see equipment)

Drill Action



1. **SHOULDER ROTATORS.** Stretch above the shoulders. Turn, placing the percussion of the pole at the back of the neck.
2. **HIP ROTATORS:** Place the percussion at the small of the back, arms beyond shoulder width. Hands face forward and rotate.
3. **CASTING:** Extend the pole over the cap button and snap the hands forward as if casting a line on a fishing pole. Snap the pole forward feeling the bottom hand pulling and the top hand snapping forward. Hands are split in the grip for maximum effect.
4. **THE STROKE;** The hitter snaps the pole forward using the hitting stroke.

Coaching Point



The *Power Trainer* magnifies errors, forcing the hitter to use the hands properly. As the hitter's hands become stronger he will be able to snap the pole forward with a smooth rhythmic action. The ball on the end of the *Power Trainer* acts as a coach to give feedback to the hitter as to whether or not he is using the correct mechanics. When the ball swishes the air out front, the hitter knows that the stroke is correct. When the ball swishes on the backside, the hitter should make a stroke adjustment.

The *Power Trainer* has hands grips that are spaced in order to make the hands split when holding the pole. This is done on purpose in order to make the hands work harder.

The ball will indicate the proper stroke. It will also indicate bat speed. Good hitters can make the ball "scream" during the swinging action.

The *Power Trainer* is also an excellent tool for use in all pre-bat stretching exercises.



Overhead Stretch



Shoulder Stretch



Hip Rotater-1

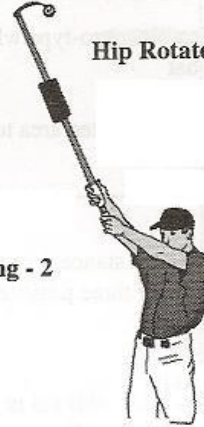


Hip Rotater-2

Casting - 1



Casting - 2



Coil :

Power Trainer pole is on the shoulder. Hands are slightly separated.

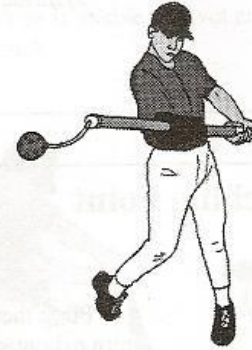


Drive:

Power Trainer continues to ride the shoulder.



Contact: The hands fire forward and snap into contact.



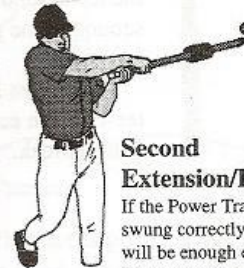
First Extension:

The energy that began in the hips in coil is now transferred to the ball creating a swishing, screaming sound. Correct: Sound of ball occurs only on the front side.



Second Extension/Finish:

If the Power Trainer is swung correctly, there will be enough energy flow to support the stroke all the way to the finish.



Reason for the drill



To improve hand-eye coordination and clubhead accuracy.

Equipment



1. Tee (preferably a pro-type which is not set on a home plate)
2. Baseball bat
3. Baseballs
4. Large screen or netted area to receive batted ball.
5. Guide stick

Drill Action



1. The hitter assumes his stance.
2. The hitter uses one of three positions:
 - 1) Drive
 - 2) No stride
 - 3) Stride and hit

Coaching Point

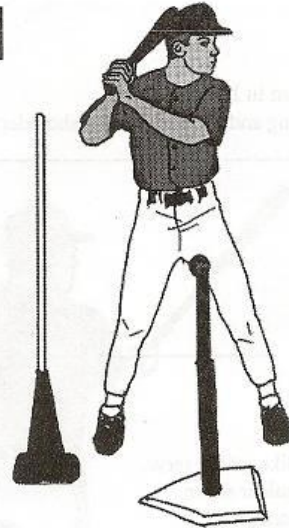


Place the tee in front of the hitter (not to his side) in order that he may turn to contact the ball.

If it is impossible to get a tee that is not placed on home plate, then turn the tee around so that the point of the tee is pointing to the field, and use a second home plate. (see illustration #4)

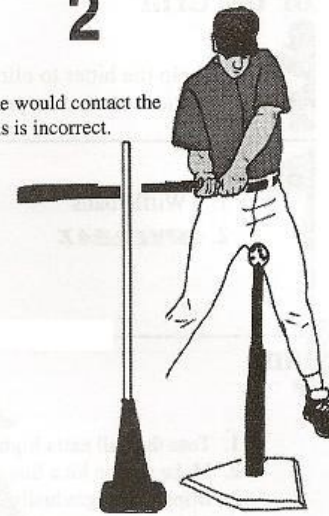
If players hit on a tee that is not placed correctly in front of the them, tee-ball can actually cause a them to acquire bad habits that are very difficult to break.

1



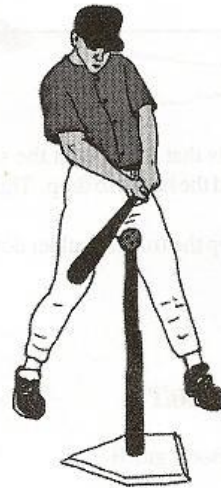
2

Sweeping stroke would contact the guidestick. This is incorrect.



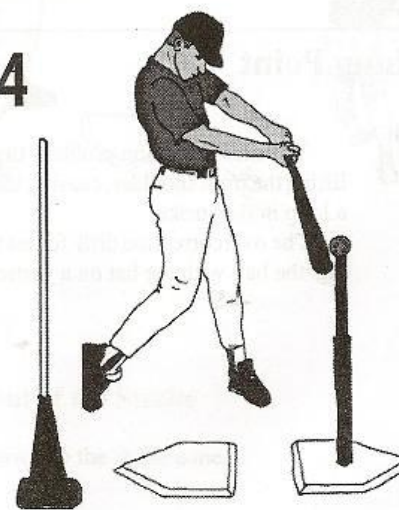
Incorrect: Hitter stands with the tee placed at his side. As a result he is unable to pivot and is forced to use a sweeping stroke and will hit the guidestick.

3



Incorrect: When tee is placed at his side, the hitter is unable to drive the ball.

4



Correct: When tee is placed at his front, the hitter can pivot and drive the ball without hitting the guidestick



Loop Killer

Reason for the drill



To help the hitter to eliminate the loop action in his stroke.
For hitters who have a problem with uppercutting and lifting the front shoulder.

Equipment



1. Wiffle balls
2. ~~SPEED~~BAT.

Drill Action



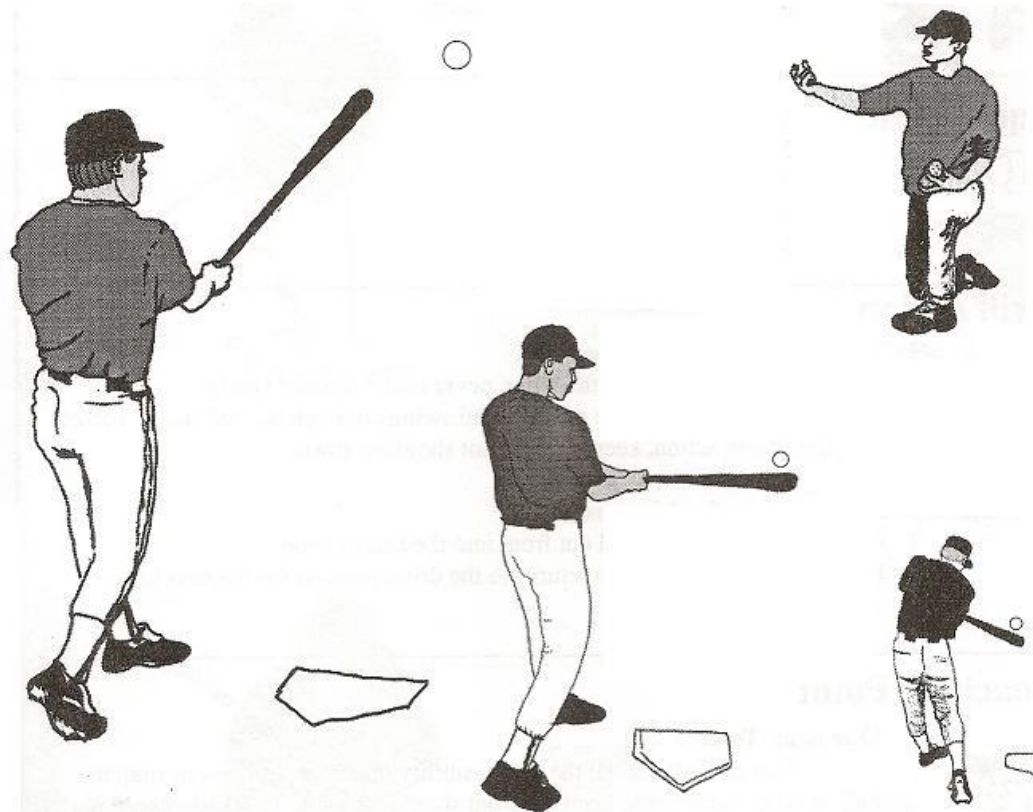
1. Toss the ball extra high. Hitter takes action like tennis serve.
2. Make sure to hit a line drive; keep front shoulder down.
3. Bring tosses gradually down into the strike zone.
4. Hitter keeps the same good shoulder rotation.

Coaching Point



The most common problem that hitters have is that they begin the stroke by lifting the front shoulder, causing the body to tilt and the hands to drop. This creates a loop in the stroke.

The overcorrection drill forces the hitter to keep the front shoulder down as he hits the ball with the bat on a vertical plane.



Taking the Loop out of the Stroke

Bring tosses gradually down into the strike zone.

Reason for the drill

Develops proper upperbody action.

Equipment

1. Wiffle balls
2. Speed Bat
3. Soft cushion on base
4. Home plate
5. Guide stick

Drill Action

1. Toss is out front to the open side.
2. Toss is always out front of the hitter, never into the hitter's body.
3. Hitter assumes a front knee position and swings through the ball using correct upperbody action, keeping the front shoulder down.

Part 2

1. Hitter assumes the drive position.
2. Toss is again tossed the ball out front into the hitting zone.
3. The hitter snaps the bat and returns to the drive position for the next toss.

Coaching Point**One Knee Toss:**

This drill places all the responsibility on the upper body to snap the ball, forcing the hitter to keep the front shoulder down. This toss should not only be out front, but also, it should be up, to allow for the hitter to hit the toss that would be in the higher strike zone.

Drive Toss:

The hitter assumes the drive position, making sure that his arms are placed in the most powerful position: the front arm makes an "L" and the back arm makes the "power-V". The body has completed its assignment. All that is left is for the hands to snap the ball.

No Stride Batting Practice Toss

Reason for the drill

**No Stride Drill:**

Places emphasis on turning action.
Corrects a poor stride.

Batting Practice:

Work on timing and good mechanics

Equipment



1. Wiffle balls 
2. **SPEED-BAT** or regular bat

Drill Action

The tosser tosses overhand from slightly out front and to the open side of the hitter

**No Stride Drill:**

The hitter coils when the tosser gets at the top of his pitch, then turns and hits without striding.

Batting Practice:

The hitter takes regular batting practice with the tosser throwing hard and soft pitches and also faking the toss in order to try to take the hitter's hands away from him. The hitter tries to maintain good mechanics, keeping his hands back until he turns to hit the ball.

Coaching Point

**No Stride Drill:**

The hitter picks up the front heel. When the front heel goes down, the back heel comes up, as the hitter pivots as his hands swing the bat into the hitting zone. The coil action is beneficial to the hitter who has a poor stride and needs to reconstruct it.

Batting Practice:

The hitter cannot let his hands run away from him during the stride. He must stay back. This means the hands stay until the hitter pivots. He should always hit a variety of pitches during soft toss batting practice. Should the tosser fake the pitch, the hitter would stride with 40% of his weight on the front foot, while keeping his hands back. The tosser then tosses the ball, and the hitter will pivot and hit the pitch.



The pitcher throws from the front, off center to the open side. The hitter turns only his head toward the pitcher. His body is lined up with a normal pitching position. When the pitcher gets at the top of his pitch, the hitter coils.

A pitcher's screen is helpful and recommended.

The advantage of this drill is that it can be performed in a small area, such as a back yard, or any small practice area.



Tunnel Option:

A second option for is for a team practice, in a batting tunnel. The pitcher can use baseballs and pitch from a 45-50 foot distance. This allows for the pitcher to throw more strikes and he is able to get the ball to the hitter quicker, which forces the hitter to get to the hitting zone quickly.

In this drill, the pitcher would use a variety of speeds.

A pitching screen is necessary in this drill.

Reason for the drill



To help the hitter understand weight transfer in hitting

Equipment



SPEEDBAT. or regular bat
Roller Board (see equipment)

Drill Action



1. The hitter assumes a stance position in full balance on the roller board.
2. He coils and allows the weight to go back while tilting the board to the back side. This is the "load up" or coil position in hitting.
3. The hitter does not stride, but merely pivots, which allows the weight to return to the balance position.
4. The hitter finally transfers his weight through the stroke, as the roller board falls forward.

Coaching Point



The roller board drill is an overcorrection drill, which forces the hitter to feel the weight shift. When the hitter coils, the weight is collected on the back side.

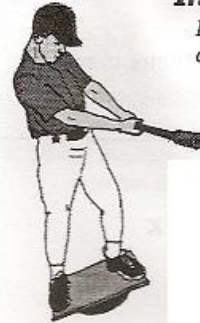
After the hitter coils, if his hands go forward without pivoting, his hands will run away from his body, and the roller board will stay back, indicating poor body action in the stroke.

If the hitter allows for his weight to go forward and his hands to stay back, he is running away from his hands and the weight of the body pushes the roller board forward ahead of his hands. This makes slower pitches and breaking balls difficult to hit. The hips and the hands go to the ball together in a smooth rhythmic action. Then the hands explode into the pitch.

Incorrect:
Body goes
forward



Incorrect:
Hands run
away from
body



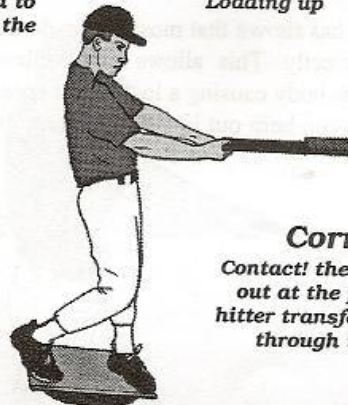
Correct :
Good balance
Hitter is prepared to
collect energy on the
backside



Correct :
Control of imbalance
Loading up



Correct :
The hands and
the body go together
as the hitter
pivots into the drive
position



Correct :
Contact! the hands strike
out at the pitch as the
hitter transfers his weight
through the stroke

Reason for the drill



To force the hitter to properly use the power hand

Equipment



SPEEDBAT.
Large matt

Drill Action



1. The hitter assumes a stance position.
2. The coach places his hand under the hitters elbow. After the hitter coils, the coach pushes the elbow straight forward to the large matt.

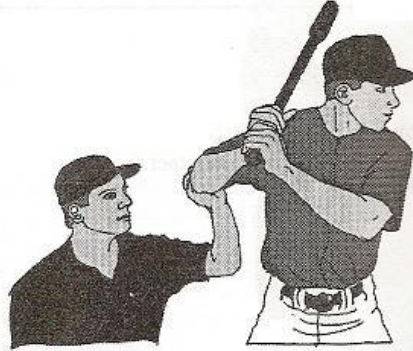
Coaching Point



Video Analysis has shown that most hitters do not use the power hand correctly. This allows for the elbow to get caught up into the body causing a loss of bat speed and power. The coach can help out in this by aiding the hitter in this drill.

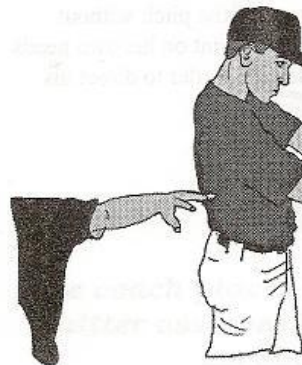


Incorrect:
Hitter loses the Power
V as the elbow collapses
into his side



Correct:

The coach assists the hitter by placing his left arm under the elbow and pushing directly forward not allowing for the elbow to collapse.



Correct:

The hitter continues forward snapping the **SPEEDBAT** into the mat.

Reason for the drill

To force the hitter to swing the bat without looping

Equipment

Regular baseball bat
Long pole with hand protection

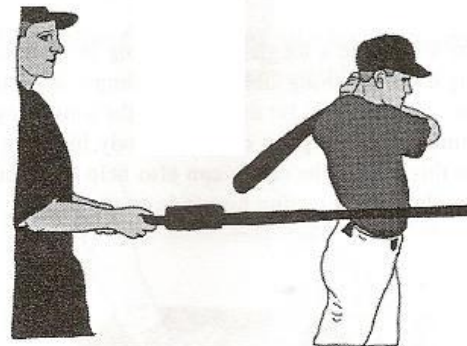
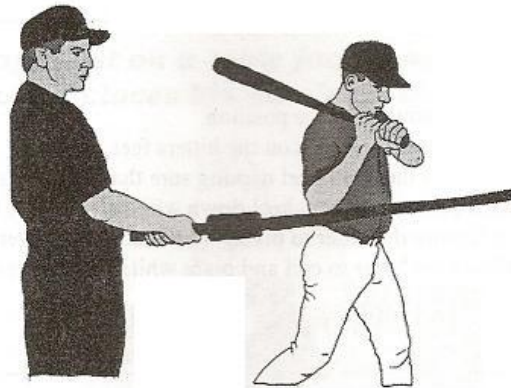
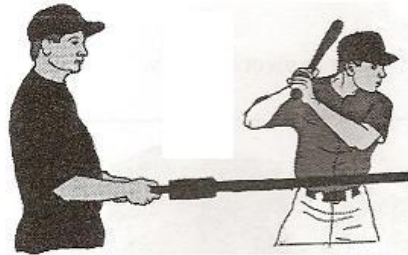
Drill Action

1. The hitter assumes a stance position.
2. The coach places the guidebar just above the hitters waist
3. The hitter takes dry swings making sure that he does not contact the bar

Coaching Point

The loop is so common among young hitters that many drills presented are aimed at helping the hitter to bring the hands toward the pitch without dropping the bat. The hitter who cannot make an adjustment on his own needs the extra assistance of his coach to set up the guidebar in order to direct his stroke to the pitch.

THE BATTING CAGE
www.batlikeapro.com
Stroke Technique - Guidebar



The coach places the guidebar at the waistband while the hitter assumes his stance. The hitter takes his swings keeping the clubhead above the bar.

Pivot Drills with Coaching Assistance**Reason for the drill**

To force the hitter to pivot correctly.

Equipment

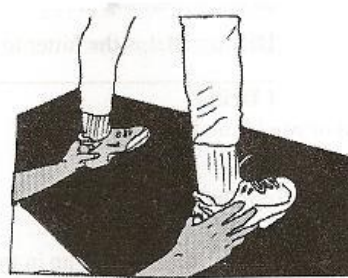
Strong table

Drill Action

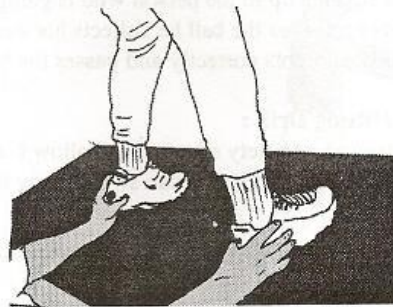
1. The hitter assumes a stance position.
2. The coach places his hands on the hitters feet.
3. The coach lifts the front heel making sure that the knee stays closed.
4. The coach pushes the front heel down while at the same time pushes the back heel up forcing the hitter to pivot. The coach does several assisted pivots, then allows the hitter to coil and pivot while he observes.

Coaching Point

Hitters who have a tough time learning to pivot sometimes need a helping hand. A strong table and a willing coach can help the hitter who has a poor pivot to get the “feel” of the activity by assisting him several times with the pivot drill. The body bar is an excellent tool to add to this drill. The coach can also help those hitters who have stride problems by directing his stride on the table.



*The player get on a table facing away from coach
The coach places his hands on the players feet.*



*The coach lifts the front heel making sure that the hitter
coils correctly.*



The coach helps the hitter to pivot correctly.

Basketball Pivot Drill - Tube-Tire Hitting**Reason for the drill**

Basketball Pivot Drill : Provides a simple concept to help the hitter to understand the correct hitting pivot.

Tube Or Tire Hitting : Helps the hitter to improve hitting mechanics.

Equipment

Basketball Pivot Drill :
Basketball or Medicine Ball

Tube - Tire Hitting Drill :

Regular baseball bat

Tube or automobile tire . Usually set up in the backyard

Drill Action

Basketball Pivot Drill :

1. The player squares up to the person who is going to pass the ball.
2. As the player receives the ball he collects his weight on the backside.
3. The player then pivots correctly and passes the ball forward.

Tube - Tire Hitting Drill :

The hitter assumes a variety of stances to allow for inside - outside contact by using an old baseball bat he can swing many times using correct mechanics.

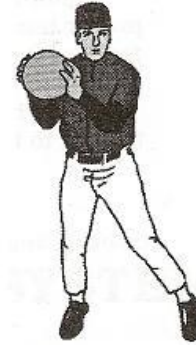
Coaching Point

Basketball Pivot Drill : Sometimes a simple concept helps a player to better understand what he is really trying to do. The basketball pass is simple but effective for helping a player to better understand the pivotal action that takes place when the hitter turns to hit a baseball.

Tube - Tire Hitting drill : A simple easy to do drill that a hitter can use to workout at home and during the off season to keep on swinging the bat.

THE BATTING CAGE
www.batlikeapro.com
Basketball Pivot - Tube-Tire Hitting Drill

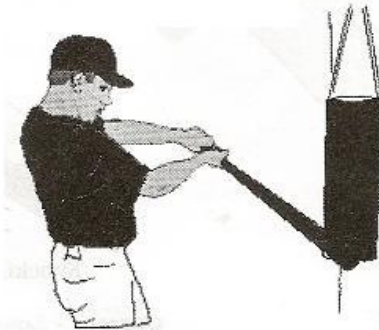
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*The player prepares to receive the ball by placing his weight on the backside.
When he receives the ball he is in a good batting stance.*



The player pivots and passes as he transfers his weight toward the target.



*The hitter can hit the tube or tire using a variety of swings.
For example: inside and outside, high and low pitches.*

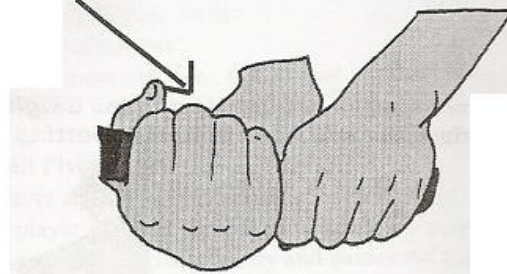
Drills: Coaching Points - The Hands



A simple reminder: All good drill performance is dependent upon proper hand action in contact. This means: *Knocking knuckles are forward (toward the ball) as the hands snap through the hitting zone.*

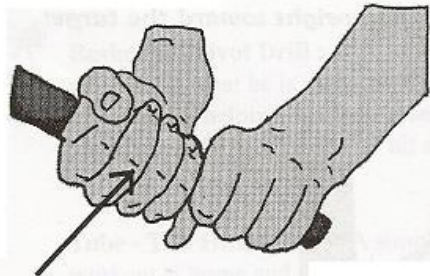
The top hand (power hand) is responsible for getting the percussion of the bat to the ball.

Knocking knuckles



Incorrect:

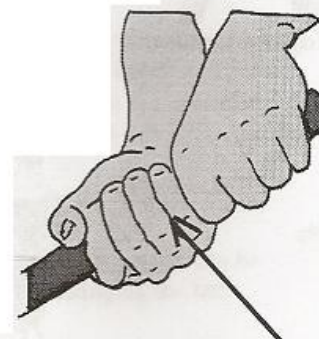
Knocking knuckles are facing upward. This places a limitation on the hands, making it difficult to snap the hands in contact.



Knocking knuckles forward

Correct - High Strike Pitch:

The top hand is slightly above the bottom hand, driving the percussion to the pitch at the top of the strike zone. Knocking knuckles of the power hand are facing forward.



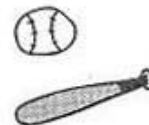
Knocking knuckles forward

Correct - Low Strike Pitch:

75-80 % of the strokes used by professionals will send the clubhead under the hands, with the top hand going under the lead hand, driving the percussion of the bat to the ball.



EQUIPMENT



CUSTOM HITTING EQUIPMENT FOR THE PRACTICE FIELD AND THE HOME

This section will identify special hitting equipment which is designed to help the hitter in several ways:

1. To correct hitting problems
2. To increase bat speed and power
3. To maintain a consistent hitting stroke
4. To improve hitting through constant practice year round
5. To simplify the routine of a hitting program at home
6. To help the team to make hitting practice more efficient on the field

EQUIPMENT LISTING

~~SPEED-BAT.~~
Power Trainer
Hitting Stick
Pitching Machines
Body Bar
Wiffle Ball Basket
Blade Bat
Mats: Hand Mat, Body Mat
Roller Board
Batting Tee
Guide Stick
Guide Pole
Personal Game Bat
Video Camera