

## Coaches: Hitting Review Sheet

### 1. Physical

#### STANCE

- ✓ Bat Measure up and positioning on the plate
- ✓ Feet spread and square--- Freedom of Footwork (4 set ups)
- ✓ Weight on balls of feet
- ✓ Knocking knuckles—Grips to Rip
- ✓ TV face--- See in Stereo
- ✓ Knob angle and direction
- ✓ Relaxed with rhythm

#### BEGIN THE SWING: The Load

- ✓ On-Line Load with hands going straight back
- ✓ Back Stretch the shoulder blades
- ✓ Back Side Loads --- Weight stays back
- ✓ Small straight step
- ✓ Soft step --- Stepping on a water balloon
- ✓ Locating the ball

#### THE SWING

- ✓ Hips lead hands
- ✓ Closed stride angle
- ✓ Locked front leg
- ✓ Hip snap
- ✓ Arms bent into contact
- ✓ Palm up palm down
- ✓ 4 balls

#### CONTACT POINTS-bat angle, approach

- ✓ Inside
- ✓ Middle
- ✓ Outside
- ✓ **Off speed**- waiting, attack in same position as fastball, can't hit before it break

### 2. Mental

- ✓ The Power of the Belly Breath-Relaxing- Play the Piano-Smile to Hit it a mile
- ✓ On Deck Preparation- The building of s pre-hit routine to build confidence  
*NOTE: Remind each player they must have their own personnel show in the batters box; Elephant trunks, tapping of the plate, strapping on the gloves, wiggle of the hips, etc.)*
- ✓ Averages in counts
- ✓ Flush --- Flush The toilet
- ✓ Resetting--- Confidence up!
- ✓ Knowing the strike zone
- ✓ Players knowing their pitch
- ✓ Know when curve, change is thrown
- ✓ Keep it simple
- ✓ Fun

**3. THE VISUAL COMPONENT- Pitch recognition and timing are the keys to successful game hitting—Visual Mechanic issues cause most physical mechanical flaws**

- ✓ Focus before the pitch
- ✓ Soft to fine focus
- ✓ Head up eyes down
- ✓ See the ball hit the ball
- ✓ Visual cues for off speed pitches

**4. Drills for Practices**

**Stance**

- ✓ Dance in stance
- ✓ Checklist
- ✓ Elephant Trunks

**Load**

- ✓ Whistle/Hum
- ✓ Golf Load

**Swing**

- ✓ Walk ups
- ✓ End Game Swings
- ✓ Contact Points

**Visual**

- ✓ Now Drill
- ✓ Ball/Hit
- ✓ Heaven

**Sample Hitting Practice**

10:00 Warm up/Stretch

-stickmen, lumberjacks, inchworms, lunges, 180 turns, knee ups

10:10 Team Talk

-hands back  
-small, straight step  
-all players demonstrate

10:15 3 Stations (10-12 min each)

1. Tee- contact points
2. Soft Toss-heaven drill
3. Live-end game swings

10:50 Water Break

10:55 Batting Practice for points

-2 teams  
-1 point for ball hit past pitcher in air  
-2 points for ball hit into dirt in air  
-3 points for ball hit into outfield grass  
-4 points for ball hit off fence  
-5 points for HR  
-on deck player timing out pitcher  
-3<sup>rd</sup> batter soft toss  
-4<sup>th</sup> batter on tee

11:20 Tee or Soft Toss Long Distance Hitting Contest

11:30 Team meeting before leaving