

ANDERSON HIGH SCHOOL



HITTING PLAN

A. Bat Selection

B. Stance

1. Feet
2. Hands

C. Swing

1. Rock
2. Cock
3. Test the Ice
4. Squish the Bug
5. Karate Chop the Midget
6. Mike to Ike

D. Drills

1. Bat Throwing
2. Belly Button Drill....Pivot Rotation
3. 2 Strike
4. Vision.....Colored Ball
5. Basketball / Volleyball
6. Short Toss
7. Tracking
8. Wall.....Short Swing
9. Long Tee
10. One Knee....Isolate Upper body
11. Bounce Drill.....Stay Back
12. Double Tee....High / Low
13. Double Tee.....Inside / Outside
14. Two Ball
Vertical = Top / Bottom....Horizontal....In/out
Horizontal....Inside / Outside
15. Drop
16. Bottom Hand vs. Top Hand
Bottom = Low & Inside Pitches
Top = Outside & High Pitches

BUNTING

- A. Scoot up in the box
- B. Pivot on Balls of feet to Square Shoulders
- C. Hand Placement (Bottom Hand = Rudder & Top Hand = Balance Point)
- E. Start bat at top of strike zone (Above Bat = Ball)
- F. Bend knees (Keep Eye Level to Bat Same At All Times)

Anderson High School Baseball Camp

June 21-25 9:30 – 12:00

chris.newton@foresthills.edu

319-7788

