

HITTING DRILLS

Crossover

- Work from stance to toe touch
- From the stance position, bring the front foot back behind the back foot and then proceed to toe touch (45 degrees)
- Keep weight balanced on toe touch (idea is to have the hitter feel the weight shift back)
- Add hitting off a tee once they get it down

Throwing out of your hitting stance

Mirror Drill

- Buy a few full-length mirrors for the field
- Have your players practice their hitting mechanics in front of the mirror

Skipping a rock

- Try to have them skip rocks (or go through the same motion)

Lead arm extension and throw

- Helps keep you from spinning as opposed to rotating
- Extend the lead arm into the contact position ... throw a ball with your bottom hand

Throw Balls to All Fields

- Use proper hitting mechanics to throw balls to left / center / right
- Simulates hitting the inside, middle and outside pitches

Throw Frisbee

- Throw a frisbee with the bottom hand (lead with the front elbow)

Walk-Through Throws

- Step or walk into a throw using proper hitting mechanics

Timing Drills

- Batter stands outside the batters box
- Throw a ball (using proper hitting mechanics) while the pitcher pitches live

One-Hand Hitting off a Tee

- Perform while kneeling or standing and using a lighter (or foam) bat

Lead-Arm Extended w/ partner

- Get into hitting stance
- Partner kneels down and grabs hitter's top hand
- Hitter must swing the bat with the bottom hand, using correct mechanics
- Should maintain holding hands ... don't pull the front shoulder

Hammer Drills

- Take a mallet head and attach it to a bat handle (cut an old bat in half)
- Partner places cap of a bat into the strike zone
- Hitter tries to hit the cap of the bat with the mallet

Tee Drills

Back-to-Back

- Hit the ball off a tee ... try to hit a ball of another tee set XX feet in front at same height

Long Tee

- Hit the ball off a tee into a net placed 30-40 feet away
- Pick a target for the hitter to try to hit

Progress from Tee Drills into Toss Drills

- have the entire team do the same drill but at different stations ... then move into the next drill together

Caution tape or string from top of tee to net placed well in front of the tee (instant visual for bat plane ... videotape the hitter from behind)

Off-Centered Batting Practice – pitcher pitches live from 5 feet to the left of the pitcher's plate (towards first base)

Short Batting Practice

- throw from 40' the first round
- then throw from 30' the next round
- works on getting your swing started early!

Coaching Resources

Videos

Fundamentals of Hitting (USA Softball / Mike Candrea)