

HITTING DRILLS

Soft Toss

- Tosser bounces a tennis ball to the specific contact point & the hitter hits it into net. When tosser releases the ball, the batter does the loading (slight inward turn of front shoulder and front knee) as they would when the pitcher begins her windup.
- Outside pitch
- Inside pitch
- Change up: toss from “behind” batter (behind batter so that you can toss across the front of the plate).
- Use wiffle size golf balls using a broom handle and from a kneeling position (top hand, bottom hand, both hands).

Tee Drills

- Double tee: two tees one set so that it is exactly one ball height higher than the tee behind it. Idea is for player to miss the first ball (on lower tee) and hit ball on higher tee.
- Hip rotation: using a tee, place ball at hip height, with bat behind the back and resting on the player’s hip, using just the hip rotation players hits ball from tee.
- Using a half deflated basketball and a construction cone, players take a normal swing and follow through the basketball.

Barrier Drill

- Front Barrier: have batter stand one bat length from a barrier (net or padded wall). Have player takes her normal swing. If she hits barrier, she is unlocking her elbows before her shoulders & getting wide on the swing.
- Rear Barrier Drill: place barrier directly behind the batter and have them take a normal swing. If the bat hits the barrier, she is dropping her hands.