

CENTRAL LOUDOUN LITTLE LEAGUE

Promoting the Spirit of Little League Baseball Since 1964

**T-Ball, Rookie, & Single 'A'
COACHES CLINIC – Hitting Station**

Sunday, March 18, 2018

GTP-Founders

Deven Majkowski



CENTRAL LOUDOUN LITTLE LEAGUE

Promoting the Spirit of Little League Baseball Since 1964

Pitching Machines

- As much as we can show you how to use the machine, it will malfunction at some point.
- Be consistent with how the balls are put onto the machine (On seam, which seam).
 - Home Team machine will be used
 - Let the opposing Coach know how you put the ball on the machine to dial it in.
- Keep an old towel with you at all times. Wet balls and Pitching Machine do not mix
- Be prepared to be innovative getting the machine to throw Strikes
- A good practice is putting opposite hand up in the air simulating a pitching motion bringing the hand forward then pulling the handle.

1. Determine the settings prior to going to practice for the 1st time.
2. Place the Pitching Machine at the base of the Pitchers Mound on level ground
3. Once the machine is stable, pull back the Throwing Arm under the Release Lever
4. Step on the pedal
5. Pull the Release Lever
 - Was it a Strike? Make the necessary adjustments

USER MANUAL: <https://leagueathletics.com/2e5ca83d-a7fd-45d1-95f7-8735947a7429/Text/Documents/3982/53060.pdf>



CENTRAL LOUDOUN LITTLE LEAGUE

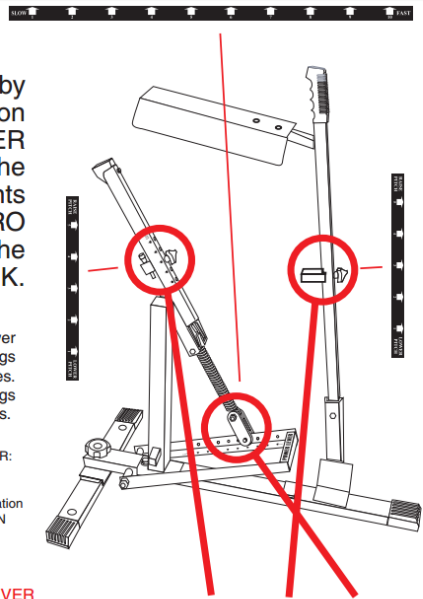
Promoting the Spirit of Little League Baseball Since 1964

Pitching Machines

• Louisville Slugger – [User Manual](#)

SPEED is controlled by the SPRING setting on the POWER LEVER and by the use of the HEIGHT adjustments on the MICRO ADJUSTMENT and the RELEASE BLOCK.

The Chart on the lower right shows basic speed settings for baseball and softball pitches. You will need to test your settings for various types of balls.

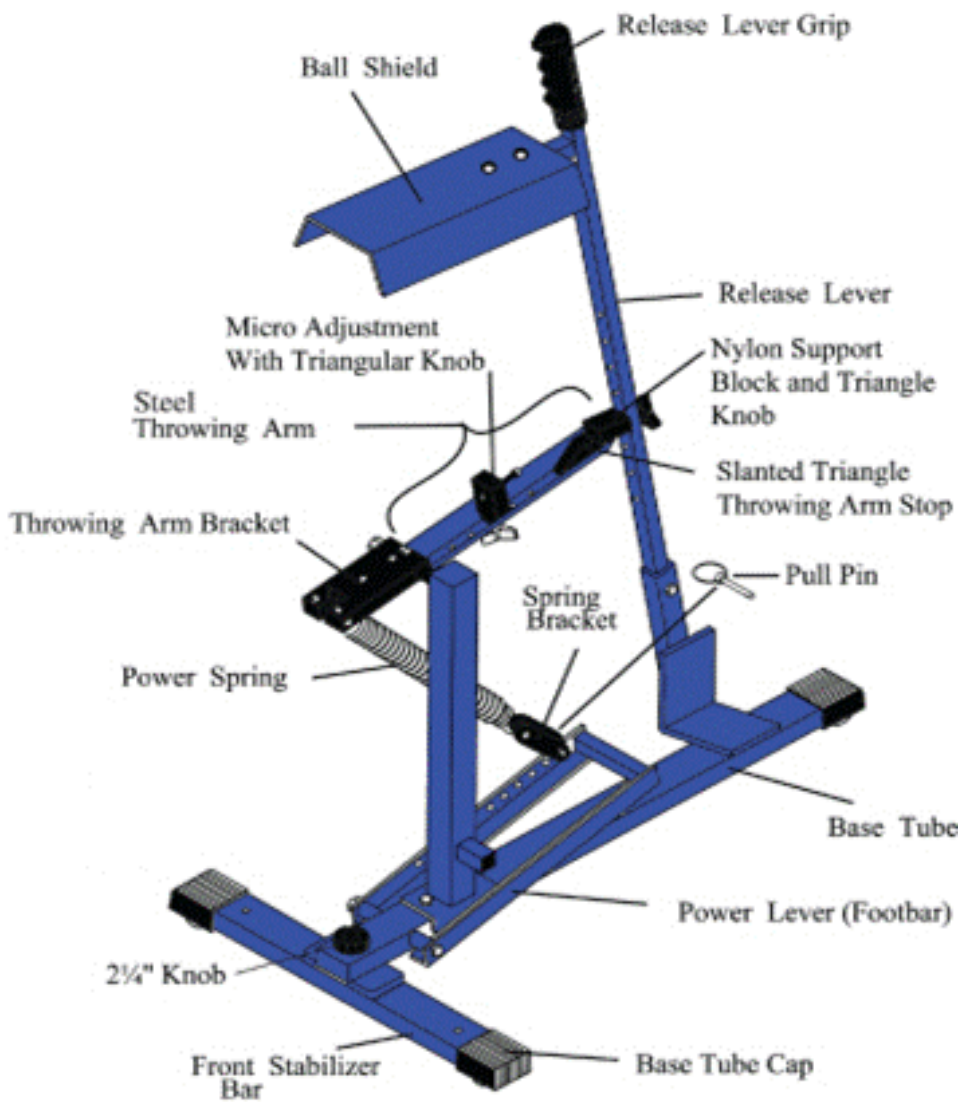


To set the POWER LEVER: Remove the PULL PIN, position the spring over the desired hole location and reinsert the PULL PIN

NEVER adjust the POWER LEVER when the THROWING ARM is pulled back and locked into position.

To set the MICRO ADJUST and RELEASE BLOCK: Remove knob and move to desired hole location. Replace and re-tighten knob.

SPEED (MPH)	MICRO ADJUST		RELEASE BLOCK		POWER LEVER		DISTANCE (FEET)
	MINIMUM	JOYTRAIN	MINIMUM	JOYTRAIN	MINIMUM	JOYTRAIN	
44	3	1	4	4	11	11	40-54
42	3	1	4	4	10	10	40-50
40	3	1	4	4	9	9	40-50
38	3	1	4	4	8	8	40-50
36	3	1	4	4	7	7	35-40
34	3	1	4	4	6	6	35-40
32	3	1	4	4	5	5	30-40
30	3	1	4	4	4	4	30-40
28	3	1	3	3	4	4	30-35
26	3	1	3	3	3	3	30-35
24	4	2	3	3	2	2	25-30
22	4	2	3	3	1	1	20-30
20	5	3	2	2	1	1	20-25
18	5	3	1	1	1	1	20-25

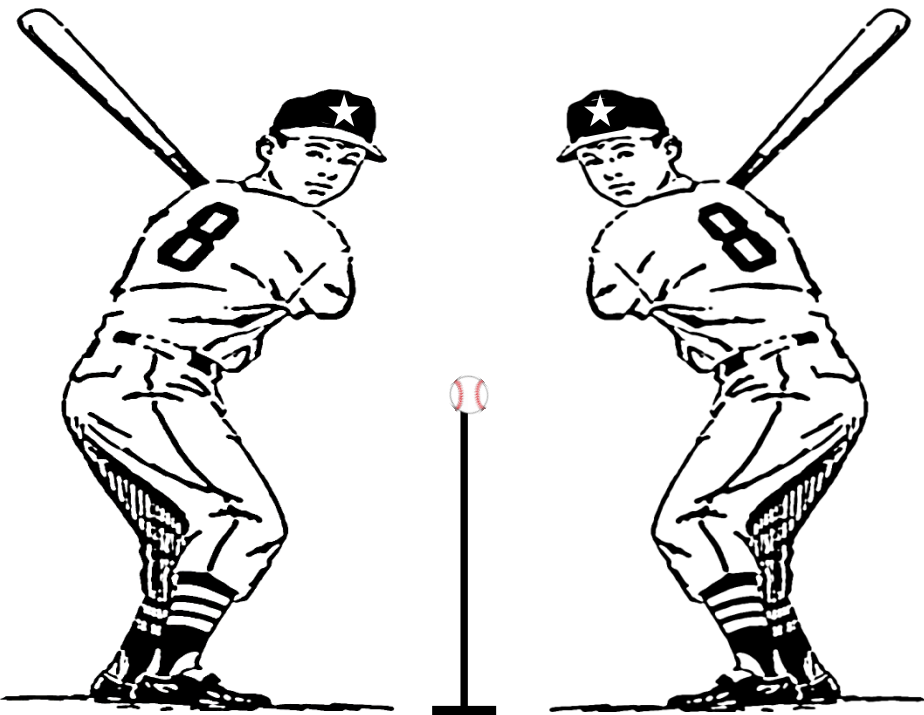




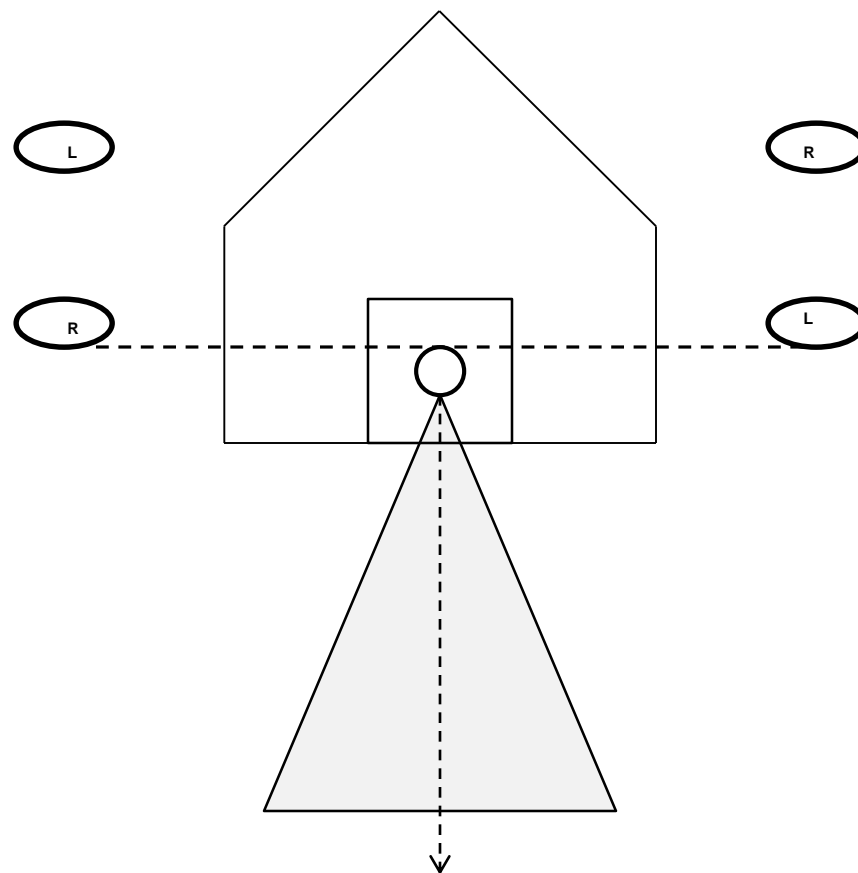
CENTRAL LOUDOUN LITTLE LEAGUE

Promoting the Spirit of Little League Baseball Since 1964

Batting Tee



Wherever you setup the Tee, the hitter's front foot should be positioned slightly behind the tee/ball





CENTRAL LOUDOUN LITTLE LEAGUE

Promoting the Spirit of Little League Baseball Since 1964

HITTING – Pre-Swing/Stance

- There are many different stances, bottom line, be comfortable. Variations are ok as long as the hitter gets into the proper ready to hit position
- Where to stand at the plate
 - Front Foot about even with the middle of home plate
- Bat Grip – Grab the bat and have the hitter take their fingers and point them out. The fingers should be pointing straight up
- Stacked approach
 - Feet - The foundation for maintaining balance through the swing
 - Both feet should be pointing straight ahead, not flared out
 - Weight centered and on balls of feet
 - Knees
 - Bent slightly
 - Inside the feet
 - Shoulders
 - Shoulders slightly closed and level, or back shoulder slightly higher
 - Upper body leaning out toward the plate a bit
- Head
 - Head level, both eyes on the pitcher
 - See the ball – A very common hitting flaw at this level is not seeing the ball the last 5-10 feet through the hitting zone/point of contact.
- Hands shoulder high over back foot
- Sweet spot of the bat about over the back ear
- Be relaxed and balanced
- Be Athletic, not Robotic



CENTRAL LOUDOUN LITTLE LEAGUE

Promoting the Spirit of Little League Baseball Since 1964

HITTING – Swing

- The swing is comprised of many different aspects, but for the sake of the age group, we will simplify the approach
- The hitter is ready to go with hands over back foot in a stacked position with head on the Pitcher and/or Tee.
- Stride (Some do, some do not)
 - If there is a stride, make sure the batter strides towards the pitcher with front foot in control landing on the Toe and about 45° angle
- Heel Plant – Front Heel down, back knee starts to turn inside the foot.
 - *When these players get a little older, the 'Load' or negative movement phase will be introduced.*
- Connection – Getting upper part of the body connected with lower part of the body

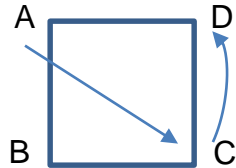


CENTRAL LOUDOUN LITTLE LEAGUE

Promoting the Spirit of Little League Baseball Since 1964

HITTING – Swing Continued

- The hitter should take their hands directly to the ball
 - A to C finish on D (Square) – *A starting point for youth hitters.*
 - *As players get older and they will learn more about torque generating bat speed*



- As the hands start towards the ball
 - Palm up/palm down
 - Knob of the bat towards the ball
- The front leg should be locked (Knee behind knee position)
- Finish the swing and back side
- Distributing weight.
 - ‘Squash the Bug’ - *a method we’ve heard – will work at the younger level to illustrate utilizing bottom ½, but does not reinforce weight distribution.*
 - *As the player progresses, this concept will change (Back knee pinching to initiate the swing the player will then come up onto the big toe pivoting hips driving the ball.*



CENTRAL LOUDOUN LITTLE LEAGUE

Promoting the Spirit of Little League Baseball Since 1964

HITTING – Swing Continued

- Still want some flex in arms
- Finish with Extension
 - Still palm up/palm down
- Some Common ques
 - See the Ball all the way to Point of Contact
 - Head starts on Front Shoulder, Finishes on Back Shoulder
 - Bill, Bob, Ted “The Head”



CENTRAL LOUDOUN LITTLE LEAGUE

Promoting the Spirit of Little League Baseball Since 1964

HITTING Drills

- Hitting Tee's are NOT just for T-Ballers! Hitting Drills on the Tee can do wonders for all age groups
- SEE THE BALL
 - T-Ball – Put shapes on the Ball
 - Put a ● ▲ ■ on the ball itself. Give the hitter something to focus on while hitting off the tee
- Number Tennis Balls and throw to the hitters. Have them yell out which number it is.
 - Truth be told they will not be able to see the numbers, but they do not know that. You will find the hitters will start to focus on the ball all the way to the bat.
- Color a portion of the balls for practice with different colors (**Red**, **Green**, **Blue**, etc.)
 - Be creative to help the kids



CENTRAL LOUDOUN LITTLE LEAGUE

Promoting the Spirit of Little League Baseball Since 1964

HITTING Drills

- **Straight T Work**
 - Allows the player to develop hand/eye coordination without the ball moving.
- **No Look Swings**
 - Emphasis: Focus on keeping their head/eyes on the ball at contact
- **High/Low T**
 - Emphasis: Taking Hands to the ball. Have the player see the ball in different zones to train them to keep their hands inside the ball making consistent contact hitting line drives
- **Weight Shift T**
 - Emphasis: Weight distribution. Over emphasize the lifting of the front foot to get weight onto back side, then shift weight forward to swing.
- **2 Tee (High/Low)**
 - Emphasis: Compact swings eliminating dropping hands
- **Soccer Ball Tee**
 - Emphasis: Driving through the ball
- **Fence Drill (More Advanced)**
 - Emphasis: Keep (Short to it, long through it)



CENTRAL LOUDOUN LITTLE LEAGUE

Promoting the Spirit of Little League Baseball Since 1964

If you ever have any questions, you can email Deven Majkowski at dmajkowski876@gmail.com