

Hitting Drills

Prior to practice you should pick one or two assistants to run the hitting drill. They can set up and hit in the outfield. Go ahead and use two tees if you have them. If you have two, send a group of four to do this drill. If you only have one tee, I would send a group of two or three.

In the beginning a big emphasis should be on not throwing the bat. A few kids will swing the bat and then let it fly. Many leagues will call the batter out for doing this, and with good reason. Throwing the bat cannot be allowed. Teach the players to swing, and then lay the bat down before doing anything else. Don't let them take one step without setting the bat down.

The other training that should be done with hitting is checking the placement of their hands. Right handed batters should have the left hand on the bottom. And both hands should be touching. And try to get them to swing level and thru the ball. Some players will look like they are bunting the ball. Tell them it is ok to swing hard. That is probably the only things you can teach at this age.