

BASIC HITTING DRILLS

Imaginary Hitting (teaches batters to swing early):

Position hitter at the plate. Instead of pitching to the hitter, start at the mound and "walk" the ball to the plate, explaining at what point the hitter needs to start the swing. Repeat several times, "walking" the ball faster each time.

Hit & Run Drill:

Divide the team into two squads. Place runners at all bases and play an intra-squad game with each batter going to the plate in hit & run situations. Follow normal rules.

Hip-Turn Drill (develop quick hips while batting):

Have the hitter stand at the plate and place a bat behind the waist, horizontal to the ground. While holding the ends of the bat in the hands, assume a normal batting stance and watch an imaginary pitch being delivered. Stride normally and turn quickly using the bat to help turn the hips.

Soft-Toss (Flip-Ball) Drill:

Position a player a few feet in front of the backstop and position a coach a few feet from the hitter. The coach should not be in front of the hitter, but facing the hitter. Have the coach flip a ball in front of the hitter who hits the ball into the backstop. Flip the ball in different spots, high and low, outside and inside.

No Stride Drill (proper hand technique & weight transfer):

This can be a variation of the Flip ball drill. Practice hitting without striding to focus on hand positioning and proper weight transfer.

Donut Hitting (Develop Bat Speed):

Have players hit several soft pitched balls with a donut on the bat, then hit several more without the donut.

2-Strike Situation (protecting the plate):

Split the team into two squads and have an inter-squad game. The only difference is that each player comes to the plate with an 0 - 2 count. Focus on protecting the plate and putting the ball in play.

Wall Hitting:

Position a player a few feet from and facing the backstop. Player should be far enough from the backstop to be able to swing a bat but no far enough to swing with arms fully extended. Have the player take practice inside-outside swings, without hitting the backstop.

Tee Hitting:

Place a ball on the tee and have the player hit the ball into the backstop. Position the tee at different heights and in different positions from the player to practice hitting balls in different areas.

Swing Plane Drill (develop proper swing plane):

Have player grip the thumb of the front hand with the back hand, as if the thumb is the bat. Have the players take several practice swings resisting with the back hand. This helps develop the proper swing plane.

Broomstick Drill:

Cut lengths of broomsticks to be used as bats (approximately 30 inches). Practice hitting with the broomstick and balls. Ideally, use smaller plastic balls.

Roll Away from Pitch Drill (teach batter to avoid the inside pitch):

Position hitter behind the backstop and pitcher in front of the backstop at normal pitching distance. The hitter should be far enough away to be able to swing. Have the pitcher pitch into the backstop, alternating strikes and pitches at the hitter. (Ensure that the backstop completely protects the hitter.) Focus on the proper technique for rolling away from a pitch to protect the hitters head and torso.

Pepper:

Have one player choke up on a bat and stand 5 to 7 feet from 2 or more other players. One of the fielding players throws the ball to the batter who hits it softly to one of the other players. This can be a variation of the Flip ball drill. Practice hitting without striding to focus on hand positioning and proper weight transfer.