

Welcome to the Homework Hitting Workout Plans!

Each of the below workout plans can be completed in 15 minutes or less. All can be done at home, in the garage, the back yard, the driveway, or on a softball field. You can combine these workouts together to create longer workouts, or use them individually on a day to day basis.

For safety (and easier ball retrieval) whiffle balls are recommended for all drills.

All drills are demonstrated in detail inside the Homework Hitting online video clinic.

Let's get started!

Soft Toss Workout

Players Required	Hitter and a partner	Equipment Required	Bat, whiffle softballs, whiffle golf balls, sawed off broomstick, sawed off bat (barrel removed)
Workout Time	Approx 15 minutes		

Drill	Skill Focus	Repetitions	Coaching Notes
Soft Toss Fake Drill	Rhythm and Timing	10-20	Focus on rotating the lower body first, then the upper body, then delivering the bat
Inside Soft Toss Drill	Rhythm and Timing	10-20	Make contact in front of the plate. Keep hands inside the ball and try to pull it.
Outside Soft Toss Drill	Rhythm and Timing	10-20	Allow ball to get deeper on the plate and hit it to the opposite field
Broomstick Drill	Perception	10-20	Keep the head still and track the ball carefully as it enters the hitting zone
Bottom Hand Half Bat Drill	Bat Control and Strength	10-20	Bottom hand palm should be down at point of contact
Top Hand Half Bat Drill	Bat Control and Strength	10-20	Top hand palm should be up at point of contact

Tee Drill Workout

Players Required	Just the hitter	Equipment Required	Bat, whiffle balls, batting tee with two stands (or two batting tees placed side by side), fungo bat (or tee-ball bat).
Workout Time	Approx 10 minutes		

Drill	Skill Focus	Repetitions	Coaching Notes
Inside-Outside Tee Drill	Hitting Mechanics	10-20	On inside ball, pull the hands through hard to get the barrel of the bat to the ball. On outside ball, extend the hands from the body to make solid contact.
Blind Tee Drill	Hitting Mechanics	10-20	Focus on body awareness. Feel the sequence of the swing from stride through finish.
Hum Drill	Hitting Mechanics	10-20	Keep tension out of the swing by maintaining the same hum volume throughout
Fungo Drill	Rhythm and Timing	10-20	Hit ground balls and line drive by keeping the hands above the ball at contact

Mirror Drill Workout

Players Required	Hitter and a partner	Equipment Required	Full length mirror, bat, masking tape, home plate (or simulated home plate)
Workout Time	Approx 15 minutes		

Drill	Skill Focus	Repetitions	Coaching Notes
Dry Drill	Hitting Mechanics	10-20	Focus on the sequencing of the swing
Dry Swing Drill (front)	Rhythm and Mechanics	10-20	Bat lags behind the body and is the last part to rotate
Dry Swing Drill (side)	Rhythm and Mechanics	10-20	Focus on consistency - repeat the same movement on each swing
Zone Awareness Drill	Perception and Mechanics	10-20	Place the ball in different locations to practice different swing paths (inside, outside, high, low etc)
Rhythm and Timing Drill	Rhythm and Timing	10-20	Stride should take hitter to a position of power, balance, and strength
Stance and Balance Drill	Hitting Mechanics	10-20	Ensure the hitters eyes, shoulders, hips and knees are level. Knees should be flexed and feet should width apart.

For more softball coaching resources, visit:

<http://www.softballspot.com/catalog.html>

SPECIAL LIMITED TIME OFFER

You're Invited To Receive 107 Killer Softball Coaching Drills... For Just One Dollar!

Visit <http://www.softballinnercircle.com/signup/> to get instant access