

# CHANHASSEN BASEBALL COACH'S CLINIC

## HITTING PART 2

### Hitting Philosophy:

5 Min

1. Encourage a passion in each player to have a **desire to love to hit**
2. Equip each coach with an understanding of how to **evaluate each hitter, identify holes in a swing, and how to fix a player's swing with confidence**
3. **Encourage each player to believe in themselves free of failure and ready for success**

### Pre-swing Evaluation:

- Posture (top down eval: Be an athlete)
- Lead elbow down
- Grip Pressure and hands on the bat
- Confidence Level

### Swing Evaluation:

- Stride
- Back Knee Turning
- Head Movement
- Stacked Up
- Bat Path
- Follow Through

## Swing Evaluations and Corrections

### Stride Length Too Long

Place an object just in front of the stride foot. The player will be cognizant of the object and will naturally shorten the stride without compromising the swing.

### Back Knee Turning/ Not Turning

Teach the player to turn his shoe laces to the pitcher.  
\*\*do not teach above the knee, ie hips because the foot turns the knee and the knee turns the hips. It does not work the other way\*\*

Knee straps help the knees work together  
Ball between the legs prevents stride separation

### Struggling with Posture

When a player is bending at the waist and tipping over... teach the player to press his knees to the ground with slight pressure between their knees. Then teach them to raise their belt buckle forward which will press the chest back to ensure the player is "stacked up"  
On the low pitch... teach the player to drop their hands on the ball rather than bend at the waist. (Tee work should be on the lowest setting to help with this hitting action)

### Bat Path (Casting):

The player's front elbow is either starting too high or lifting during the swing. The player must keep their front elbow down. It does not matter if the back elbow is up or down to start. It is a personal preference. If the front elbow is down the back elbow will naturally fall into the slot. Emphasize the barrel staying very close to the back shoulder for as long as possible through the swing.  
(Bottom hand tee work will help with bat path)

### Great Contact, but Lack of Power

Focusing on contact only and stopping the swing before following through  
Fear of swinging and missing.  
\*\* evaluate if a player's swing is entering the hitting zone sharply and exiting sharply. A player may need to let go of the bat with the top hand after contact to make sure the barrel stays in the zone longer. This will also free the grip tension on the bat. This is not an automatic change, but it is good to see if a player likes the change. They will usually give you an immediate response.

### Drills:

60 Min

### Station 1: Tee Drill

Tee at lowest setting and just in front of the middle of the plate. Instruct to hit the ball directly up the middle. Back knee should turn towards the ball without hands moving. Move the tee inside and forward. Now he must turn the back knee to the ball before they swing in order to keep the ball fair. Move back to first position for two swings, then move it outside and back so the player learns to let the ball travel deeper before driving the ball

the other way. 2 middle, 2 inside and forward, 2 middle, and then 2 outside and back

Coaching Points 1: Is the back knee active in the swing.

Coaching Points 2: The back knee turns to wherever the ball is pitched. They will learn to pull the baseball with their legs and not their hands. They will also learn how to hit the ball the other way with their legs which will produce power.

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### Station 2: One Hand Catches

A coach stands directly in front of the plate about six feet away. The player stands in the batter's box without a bat. When the coach lead tosses the ball towards the strike zone the player strides and turns the back knee before the turn their upper body to catch the baseball. Once a coach feels very comfortable with the progress of the player turning their back knee, then they can start to move around in front of the player and throw from different angles.

**Coaching Point 1:** Put the emphasis turning the back knee before letting the hands swing to the ball.

**Coaching Points 2:** When a coach moves around and tosses the ball, evaluate if the player is turning their back knee to wherever the ball is thrown. This is a great way for players to warm up before hitting batting practice.

### Station 3: Lead Toss with a Band and a Ball

Normal lead toss, but the player will either wear a band around their legs or a ball between their legs. Focus the player learning the value to engage legs. 5 swings with band or ball between their legs. Then 2 swings without.

**Coaching Point 1:** Band- the band teaching the hitter that the legs work together. When a hitter's front foot hits the ground when the stride the back leg immediately turns, hence the band pulling the knees together

**Coaching Points 2:** Ball- Teaches to maintain pressure between their legs during their swing. This will keep a hitter from striding and separating their legs and it will help a hitter place pressure on the back knee moving toward the lead leg.

### Station 4: Halves

A coach will throw lead toss to a hitter, but the emphasis will be on the hitter to only swing at the pitch if it is in the correct half of the plate. The coach will call out the half of the plate he or she wants the player to hit (ie. Inner half or outer half). Then the coach will throw 5 pitches to the hitter pitching the ball into either half of the plate without telling the hitter.

**Coaching Point 1:** High level drill for older hitters that place the emphasis on pitch recognition. We want hitters hitting in their hot zones. It also helps coaches teach 2 strike hitting as well. Two strike hitting is done by trying to hit the fastball the other way.

**Coaching Points 2:** This drill also keeps players from trying to hit every pitch. This will help the players to track the ball with their eyes and recognize where the pitch is before committing to the swing.

**Coaching Points 3:** The back knee will turn on every pitch regardless where the pitch is. This will also begin to teach hitters a "Yes...Yes...No" approach with their legs.

### Team Drill- Lead Toss for Points

Each player will get 2 swings. A coach will pick a number that is about 70 percent success rate for the team to reach. The team gets a point with good contact on the baseball.

**Coaching Points:** Player are competitive as a team not individually. **\*\*Late Inning Rally\*\***

### Team Drill- Explosion Drill

Oversized Ball- Four Square Ball

**Coaching Points:** Players have the freedom to attack the ball (Swing Hard). Taking failure out of the equation. Not trying to meet the ball but to smash it!

### Bunting:

#### Push Bunt

- Decide where you will bunt
- Square early
- Set the angle
- Push and two steps

#### Suicide Squeeze

### Questions and Feedback:

### If Time Permits

#### Drag Bunt

- Decide where you will bunt
- Right hand hitter- Drop step and set the angle
- Bunt the ball before running

**20 min**