

Hitting Drills

Soft Toss

1. Normal

Objective: Swing mechanics, hand-eye coordination (timing).

Setup: One ball

Description: Front toss by coach

Variations:

- a. Every so often fake the throw to see hands if are engaging too early (or dropping)
- b. Mix in different speeds.
- c. Place a helmet/ball on the outside of back foot to make sure there is linear transfer forward (shouldn't hit the helmet).
- d. Put numbers or colors on the balls and hitter must call them out when hitting

2. Inside / Outside

Objective: Simulate "inside" and "outside" pitch.

Setup: One ball

Description: "Inside" → use exaggerated closed stance. Front toss at front knee.

"Outside" → using exaggerate open stance. Front toss at front knee.

3. Two Ball

Objective: Hand-eye coordination, quick response time.

Setup: Two balls

Description: Throw 2 balls simultaneously (front toss) and hitter must hit the ball you request, top or bottom ball.

4. Drop

Objective: Quick to the zone, timing

Setup: One ball

Description: Coach will announce "Pitcher, Load, Explode". On "Explode" the ball is dropped out in front of the hitter (even with front foot).

Variations: Drop w/ tee. Place tee under hands (belly button height). Designed to prevent dropping hands first.

5. Bounce

Objective: Adjust to off-speed pitches

Setup: One ball

Description: Hitter will heel-plant when ball hits the floor. Make sure at heel plant the hitter's hands are not already engaging.

6. Toss from Behind
Objective: Quick hands, hand-eye coordination. More for fun and do something different.
Setup: One ball
Description: Coach throws the ball from behind the hitter with good speed.
7. Hop and Swing
Objective: Activate lower half
Setup: One ball
Description: Player will hop and then normal front toss.
8. Quick Toss
Objective: Quick hands make sure mechanics are sound and still swinging thru extension.
Setup: Four balls
Description: Throw 4 front tosses in a row.
9. Square – Open – Regular
Objective: Objective is to remove the lower half and stay over the ball thru extension.
Setup: 3 balls
Description: 1st Ball: “Square” - facing the pitcher. Coach will say “Load”, hitter will rotate upper-half and hit the ball. 2nd Ball: “Open”, exaggerated open stance. 3rd Ball: Regular stance. Do not rotate or use lower half, strictly working on hands to the ball (do not let shoulder fly out).
10. Front toss – Heavies
Objective: Extension
Description: Front toss with heavies instead of regular softballs.

Tee

1. Normal
Objective: Swing mechanics
Setup: One tee, one ball
Description: Front foot at stride or heel plant should be even with tee.
2. Inside / Middle / Outside
Objective: Swing mechanics for different pitch locations. Bring hands to the ball. Inside need to open hips slightly and make sure hands inside of ball.
Setup: One tee, three balls
Description: Position the tee in different positions to simulate different pitch locations. “Middle” - down the middle slightly in front of home base. “Inside” – inner half of plate and more in front of the plate compared to “Middle”. “Outside” – outer half of plate moved in the middle of plate. Feet should always be planted at toe-touch or stride to pitcher.

3. Two Tees – Extension

Objective: The objective is to stay on the bat path thru the zone as long as possible.

Setup: Two tees, two balls

Description: Front tee slightly lower and approximately a bat barrel from the back tee. If hit the first ball and miss the 2nd ball means rotating upper half (twisting).

4. Two Tees – Drop Hands

Objective: The objective is do not drop hands when entering the contact zone.

Setup: Two tees, two balls

Description: Place two tees back-to-back with front tee higher (by a ball). Both tees have a ball, should be able to hit front ball w/o hitting back ball.

Variation: Otherwise, can place tees a couple of feet apart and same height (no ball on back tee). Instant feedback if hit back tee, dropping hands.

5. Contact – Extension – Regular

Objective: Break swing down into parts. Check to see not at “extension” at contact.

Setup: One tee, three balls

Description: “Contact”- stop swing as soon as hit ball. Check to see if “house” is present. “Extension” - stop at extension. Check to see if “V” is present. “Regular” – full swing

6. Back Tee

Objective: Drill to prevent first move is not dropping shoulder/hands.

Setup: One tee, one ball

Description: Place 2nd tee slightly behind where hands will be on load (fully extend tee).

7. Step-Backs

Objective: Load and weight transfer

Setup: One tee, one ball

Description: Start ahead of tee, feet together, step back twice, big load and swing. Work on activating lower half.

8. Top/Bottom Hand Drills

Objective: Load and weight transfer

Setup: One tee, one ball

Description: Normal tee, use tee ball bat. Top Hand = Power; Bottom Hand = Guide.

Objective is to work both hands in isolation. Bottom hand → hand replaces elbow. Top hand → elbow to belly button.

Variation: Can perform drill standing or on back knee with stride leg fully extended.

9. Tee w/ soft toss

Objective: Swing mechanics and timing

Setup: One tee, one ball

Description: Normal tee that include soft toss after hit ball off tee.

10. Skating (or Skiing)

Objective: Activate lower body

Setup: One tee, one ball

Description: Start with stride leg in the air in normal hitting stance. Hop to front side, then back side two times. On the last hop back hold for 2 seconds really feel the load then explode.

11. Happy Gilmore's or Walk-Thrus

Objective: Activate lower body

Setup: One tee, one ball

Description: Starting position behind the tee. First move – back leg can either step behind or step forward. The goal is after this step you should be ready to produce a normal swing. Might need to play with the distance. Make sure hips and shoulder are closed at contact.

12. High Tee

Objective: Prevent dropping shoulder or hands

Setup: One tee, one ball

Description: Set tee height at chest level. The player's goal is to hit line drive. If drop hands the player will hit the tee or hit under the ball.

13. Step-Forwards

Objective: Load and weight transfer

Setup: One tee, one ball

Description: Start behind tee, feet together, stride and swing. Work on activating lower half.

14.3 Tap

Objective: Heal plant and weight transfer

Setup: One tee, one ball

Description: Start in loaded position. Tap stride foot forward 2 times, each time increase distance from starting point. On 3rd tap should be in normal heel plant position, so heel plant and finish swing.

15.3 Rock

Objective: Heal plant and weight transfer

Setup: One tee, one ball

Description: Rock (sway) 3 times. Each time on balls of feet and then finish with strong heal plant and swing.

16. Partner Isolation

Objective: Prevent shoulder movement on heal plant

Setup: 2 players or 1 player and coach

Description: Hitter will start in loaded position and transition into heal plant. Partner will be holding shoulder to ensure not rotating too soon.

17. Point at the Pitcher

Objective: Bat Speed and assist with starting bat position on load

Setup: One tee, one ball

Description: Hitter will point bat at pitcher (basically in extension). Next will whip the bat back into starting position as quickly as possible and then swing.

18. Reverse at Contact Point

Objective: Awareness of form at contact and bat speed

Setup: One tee, one ball

Description: Hitter will start in contact position (forming “house”). Next will whip the bat back into starting position as quickly as possible and then swing.

Hitting Drills

1. Front Toss – Different distances

Objective: Timing

Description: Setup two plates at different distances from the pitcher. Hitter gets 5 balls at first plate (longer distance) and 5 balls at second plate (shorter distance).

2. Fast – Slow – Foul

Objective: Timing and practice fouling off “pitcher’s pitch”.

Description: Throw 3 pitches. First pitch is fastball, second pitch is a change-up and third pitch is border-line strike that the hitter needs to foul off.

3. 6 pitches

Objective: Hitting drill, punish good pitches and develop good eye.

Description: Front toss. Good hit the good pitches and watch the bad pitches. Maximum up to 6 pitches. Once the hitter doesn’t execute the hitter is done.

4. Target Hitting

Objective: Bat control

Description: Place cones at different spots in the infield/outfield and hitter must hit the ball between them.

5. Knockout
Objective: Hitting Game
Description: One pitch. If bad pitch and you watch or if good pitch and you hit well, then you survive; otherwise you are out.
6. Runner in scoring position
Objective: Hitting game, team competition
Description: Runner on second, hitter needs to get her home. If successful get a point.
7. PIG
Objective: Hitting game
Description: First hitter hits the ball (tee or soft-toss), next batter must hit the ball in the same relative location otherwise get a letter.
8. Home Run Derby
Objective: Hitting game, team competition
Description: Hitter must hit the ball into the grass (home run); otherwise out. Could allow the other team to “rob” homeruns if they catch the ball.

Bunting

1. Rapid Bunting
Objective: Work on bunting technique
Description: Hitter is already pivoted. Pitcher throws 5 pitches in a row. The hitter must successfully get the bunt down.
Variation: The 5th pitch could be a “bunt for hit”, once the bunt is down work on getting out of the box as quickly as possible (first 5 or 6 steps).
2. Target Bunting
Objective: Team competition
Description: Create 3 zones to place the bunt. First zone in front of the plate is 1 point and so on. Foul ball or ball past the last zone is worth 0 points.
3. “In a Row Drill”
Objective: Team competition
Description: How many bunts can the team get down in a minute. If foul ball must start over.