

Batting Practice

- Recommended to run a batting practice separate from regular practice if possible
- Run as 3-4 stations depending on coach/parent availability
- Encourage parent participation so the stations run smoothly

1. Vernacular

- a. Hands - start just inside the back foot in comfortable position
- b. Stance - Athletic position just slightly larger than shoulder width
- c. **Gather** - Minimal movement, essentially it is a slight rotation of the hips so the weight is concentrated over the back foot and a closing of the front side hip (the front side hip and knee slightly rotate toward the plate). The Gather occurs on the countdown or when the coach breaks to throw a wiffle. KEY - There is no hand movement, and limited movement, maintain balance and it's done early.
- d. **Go** - A small step toward the machine when the coach indicates the pitch is coming if a player is late with the swing, if they are early then wait until they see the ball to take the small step. KEY - A small step towards the mound BUT the hips stay closed and weight stays over back foot
- e. **Launch** - Drive the back hip forward and up in the direction of the opposite middle infielder (lefty - finish with hips square to the shortstop and a righty - finish square to the second baseman).
- f. Hands - keep hands inside the ball driving the butt-end of the bat towards the ball

2. Batting Cage

- a. Hitting off pitching machine
- b. One on one
- c. Move pitches around on them
- d. Have one player waiting and ready to go

3. Tees and Nets

- a. One to Two players depending on how many hitting nets are available (league does not supply nets)
- b. Always have the ball set up with the 2 seams facing backward and have the kids always aim to hit the inside seam (this helps to keep the hands inside the ball)
- c. Focus on proper set up, and GATHER - GO - LAUNCH
- d. Adjust tee height as they are hitting

4. Coach Pitch Wiffle Balls

- a. See attached drills

- b. 1-2 coaches pitching two 2 players with 2 players acting as fielders

5. Flex Station

- a. Can be used to run scrub, bucket challenge, Fielding/Situational play