

Mosinee Baseball Hitting

Drills
&
Techniques

Daily Team Warm-Up

1. Jog forward/backward (2 Times)
2. Butt Kicks (down & back)
3. High Knees (down & back)
4. Karaoke (Left & right)
5. Walking Lunges (down & back)
6. Side Lunges (down & back)
7. Shoulder Shrugs (10 count)
8. Neck Range of Motion (forward, back, left, right, circle right, circle left (8 seconds each))
9. Arm Circles (start small get bigger to full motion (20 seconds))
10. Plank (10 count – 3 Times)
11. 15 push-ups together (slow) good form
12. Mountain Climbers (15 per leg)
13. Jumping Jacks (25)

Throwing Warm-up

Keys to throwing right:

- Throw over the top
- Always grip with 4 seam grip
- front shoulder/lead elbow/glove at target, pull down to follow through
- Follow through

On one knee

1. Elbow in glove, wrist flick 15 feet apart. 10 throws
2. Form Power T stop, look at ball in power position, and follow through. 10 throws
3. Rock back in power T, as you are throwing stand up and follow through. 10 throws

Standing

1. Feet shoulder width apart, rotate at hips front shoulder/lead elbow/glove at target, power T, and follow through. 10 throws
2. Step and through with all above fundamentals. 2 throws then take one step back.
3. Long Toss-Crow hop and throw on a line.
4. Come back together, stop at 60 feet and work on quick hands/release.

Mosinee Batting Basics

The following is a step by step break down of a proper batter's swing. All batting stance can be different, but all of the following should be incorporated in order to be the most successful when hitting. The four S's are stressed when hitting SHIFT, STRIDE, SEE the ball, SWING or 1, 2, 3, 4 (1 shift, 2 stride, 3 see the ball, 4 swing)

1. Grip

- Knocking knuckles should be directly lined up or slightly off set.
- Loose grip, don't choke the bat, no white knuckles.

2. Relax

- Prior to the pitcher starting his windup or coming set in the stretch, the batter should be in a relaxed position that is comfortable.

3. Shift

- Occurs when the pitcher starts his windup or comes set in the stretch.
- Stance should be at least as wide as shoulders, wider is suggested.
- Weight is set to 80% on batter's back leg, suggested is back foot is directly in line with back shoulder.
- Hands are set to a locked position and should not move until the start of the swing.
- Batter should be on the balls of his feet, not flat footed.
- Back leg must be bent

4. Stride

- This is optional, Not all batters have to stride, it is strictly a rhythm thing and preference of the batter.
- Occurs when you see the pitcher's front hip as he is striding. (just before he releases)
- Weight is not transfer to the front leg at all, still 80% back 20% front.
- Hands DO NOT move.

5. See the ball

- Probably the most important part of your swing is to keep your head at torso from moving
- Your head should not move between stride and swing
- It should be like you have a pole staked in the ground from head to waist
- Your body should rotate at the waist maintaining a still head.

6. Swing

- back hip starts the swing
- Knob is pushed down, not out away from body, hands lead the swing
- Elbows stay close to the body
- at point of impact bottom hand palm should be down and top hand palm should be up(palm up palm down)
- Hit ball where it is pitched
 - Inside(pull) Hands stay close to body, ball is contacted even with front foot.
 - Middle (Center) Hands are extended at point of impact, Hips are open, ball is contacted in center of stance.
 - Outside (hands stay in, hands are in front of the barrel, throw hip towards 1st base)
- Follow Through
 - Back Heal Up (Sqaush the bug)
 - Hips are open to the pitcher
 - Weight is balance 50/50 front and back foot.

Mosinee Baseball Hitting Stations

1. Tee - Middle, Inside, Outside

The Tee Drill helps you learn where to hit the ball. I heard Ken Griffey, Jr. say, "it's like jousting. If the pitcher throws the ball away, hit it to opposite field, and if he throws it inside, pull it." That's a very simple way to say it, but it means take your bat head to the ball and hit the ball where it's pitched. The contact point will determine where the ball travels. The outside pitch should be hit to the opposite field gap, middle pitch over the center fielder's head, and inside pitch should be smoked down the pull side foul line. The coach should move the tee all over the plate so the hitter has to adjust his swing to ensure the flight of the ball is toward the proper field.

2. Soft Toss - Verbal 1,2,3,4 from tosser (Dry Cut, then working swing in)

Developing a hitting technique is as easy as counting to four - 1. load, 2. stride, 3. see the ball all the way, and 4. hit the ball. The Dry Cut Drill involves verbal commands from a coach, where he or she counts out loud 1, 2, 3 and 4. The key is to remain balanced throughout all of the steps.

- The hitter should be in his stance to begin the drill.
- On the coach's 1 count, the hitter loads. The back knee and back hip should be aligned, and the knob of the bat should be pointed at the opposite batter's box.
- On the coach's 2 count, the hitter strides. The nose and belt buckle should be aligned within the middle of the feet.
- On the coach's 3 count, the hitter listens for the pitch location. The bat head should be directed to that location, and the eyes should focus on that location.
- On the coach's 4 count, the hitter swings. The hitter's back foot should pivot, the bat head should travel directly to the location, the hitter's back shoelace should face the pitcher to ensure he got his hips through, and his head should remain still.

The coach should have the hitter perform this simple drill on air before adding a ball. The hitter should learn how to swing and understand the checkpoints in this drill, which will enable him to make pitch-by-pitch adjustments in a game scenario.

3. Soft Toss - Small Ball & lite/short bat

4. Soft Toss - Small Ball & Thunder Stick

5. Bunting Station - Sac, 1st & 3rd baselines, Drag, Suicide

Use a pitching machine set in the upper 80s (about 140 km/h) with real baseballs that have Kevlar seams. These baseballs perform like leather baseballs, which helps the bunters get used to how the ball will exit the bat. The bunters work on the four primary bunts and run through a short base on their final bunt of each round. The goal is to create the proper pace and direction on each bunt. The bunting corner is marked off to give visual feedback on each bunt.

Creating a competition is a good way to heighten the bunters' focus. Chart the bunts daily, rank the players from top to bottom, and post the rankings in the locker room.

6. Cage - Short Toss

- a. Max of 12 swings hitting the ball where it is pitched. Bunting and hit and run can be added in as well

7. Cage - Short Toss - short bat/one hand

- a. Using just your bottom hand with a short bat, focus on snapping your wrist, leading with your hand, having your palm down at point of impact. 12 swings

8. Cage - Short Toss with thunderstick

- a. This drill will make the hitter focus on the ball to make good contact. Focus on hitting line drives where the ball is pitched. 12 swings

9. Cage - Short Toss with Weighted bat

- a. Only take 8-10 swings, if fatigue sets in STOP! Focus on driving through the ball where it is pitched.

10. Cage - 2 strike drill

- a. The hitter starts with a 1-2 count and battles until the at-bat is completed. In Major League Baseball batters hit with two-strikes 49% of the time. Given those numbers we work on two-strike hitting every day. The BP pitcher mixes up the pitches, trying to strike out the batter. The batter makes his four two-strike physical adjustments and uses his two-strike approach, "late and on top." Learning to put the ball in play with two strikes is critical for the high-scoring offense. We want hitters to feel confident when they are hitting with two strikes. Practicing this situation daily will help reduce the fear of the strikeout and minimize the panic that some hitters have of hitting with two strikes.

11. Cage - Hitting off live pitching

- a. Work on timing and hitting the ball where it is pitched.

12. Cage/on field - Curveball station with less than 2 strikes, drive the ball

- a. The curveball station is a curveball drill in center field. A portable batting cage is set up behind second base, home plate is in the dirt, and the batter is hitting toward center field. The pitching machine is 45 feet (13.7 m) away throwing curveballs using soft foam dimple balls that travel approximately 250 feet (75 m). The hitter's goal is to drive the curveball over the center-field wall. We want him to learn to wait for the elevated curveball with less than two strikes and drive it over the wall. The objective is for the hitter to gain confidence by learning to hit the "get me over" curveball with less than two strikes. The percentages indicate that hitters will get an off-speed pitch 80% of the time on the first pitch with a runner in scoring position, and they find themselves with runners in scoring position approximately 25% of the time. Championship teams can execute the two Bs—the bunting game and hitting the get-me-over breaking ball. Start from day 1 with these two skills because they will need to be there late in the season when it matters most.

13. Bull Pen - Pitch Tracking/timing

- a. Hitters stand in the batter's box while the pitchers throw their bullpens. Vision and timing are the foundation of a productive hitter. Getting the opportunity to observe pitchers throwing live is a great way for hitters to practice

these skills. When the hitter steps into the box we ask him to have open focus, to look at the pitcher but not focus on a particular point. The hitter is working on timing his load and getting in rhythm with the pitcher. If the pitch is a good one to swing at, he addresses the ball with his belly button, nods to if the pitch is a ball, the hitter tracks the ball with his head and front shoulder all the way back to the catcher's mitt. We have a saying when it comes to vision: "See it longer, see it less." We want our hitters to "hawk" the ball (figure 11.3) on takes all the way into the catcher's mitt, or "see it longer." On contact, the hitter's chin should be down and over the contact area, and he leaves it down after contact, hence the phrase "See it less."

16. Base Running

a. This station has base runners occupying every base and following a base running script. The base runners assume their primary leads at each base and start into their secondary leads when the pitcher's front foot lands. Lines are painted on the infield grass to help players execute their primary and secondary leads properly. When the ball is put in play the runners execute a four-step reaction. They are expected to get a read off the bat every third pitch. The runners at first and second react as if the next base is unoccupied. All runners react to pitches in the dirt. The runner at third reacts to the infield playing in with less than two outs and with the contact play on. Base runners rotate up one base when the hitter finishes a round. Incorporating a sliding pit into this station once a week is a good way to keep base runners sharp on this important skill.

Velocity-simulated BP

Example: 92 mph (148 km/h) fastball with the BP pitcher throwing 51 mph (82 km/h)

Multiply 60.5 by 51 = 3,085.5 (18.4 m by 82 km/h = 1,508.9)

$3,085.5/92 = 33.54$ feet, the distance that the BP pitcher should be from the hitter to simulate 92 mph ($1,508.9/148 = 10.2$ m)

$$(A * B) / C = D$$

A = mound distance, 60 feet, 6 inches (18.4 m)

B = Radar velocity of BP pitcher, 51 mph (82 km/h)

C = Radar velocity of pitcher to face, 92 mph (148 km/h)

D = Feet (m) from hitter that BP pitcher should stand

Practice Tips for Hitting Drills

By: **Coach Bob McCreary**

Originally Published in [The Time to Hit eBook](#)

Provided by: [Baseball By The Yard](#)

Batting Tees

The batting tee is probably the best piece of hitting equipment known to man. It allows players to practice all by themselves in many different settings. To get the most out of one (or two depending on the drill!) be sure the follow these tips:



- Make sure you move the ball around the strike zone and even outside it once in a while (ex. Bonus Drill #7). You will have to hit pitches all over the zone in games so all possible locations need to be practiced.
- For pitches down the middle, be sure to place the tee so that contact with the ball is made slightly in front of home plate AND just inside the front foot after the stride.
- For inside pitches, place the ball a couple inches in front of the plate AND slightly outside the front foot after the stride.

- For outside pitches, place the ball a couple inches behind the front edge of home plate AND well inside the front foot after the stride.
- To replicate high pitches, placing the tee on top of a bucket or chair works best. Raising the tee to its highest position often negatively effects the tee's stability.
- Practice lots of low pitches! As a player gets older, the pitchers get better. As a result, they will see more pitches down in the zone. Practice hitting the pitch at AND below the knees.

Soft Toss

Next up is soft-toss. Soft-toss increases the complexity a little because it either uses the help of another person or machine. Like batting tees, there are some things that will increase the productivity if adhered to by the batter and the person doing the tossing. Here are several:



- Always hit towards a safe area or into a net to prevent damage and/or injury.
- The person doing the tossing should always be in a position where he/she will never get hit by either the swinging bat or by a batted ball. Different drills call for different thrower positioning in relation to the batter. Do not perform the drill if either the batter or the thrower is not located in a safe position.
- In a basic soft-toss drill, the thrower will usually be free of harm if he is far enough away and the toss is made towards a spot slightly in front of the batter's lead hip.

- The process of tossing the ball should be one continuous movement that includes these three stages: 1) show the ball to the batter, 2) swing the arm down and back up towards the release point, and 3) release the ball with a small arc to the area where contact should be made.
- Tosses should not be too hard and should not have a big arc unless they are components related to specific drills.
- Enough time should be given between tosses to allow the batter to reset properly for the next swing. No rapid fire unless the drill specifically calls for it!
- If players are serving as the partner doing the tossing, it is recommended that they wear a helmet.

Short Toss

This type of drill is my personal favorite when working with hitters. I like it because I think it does a better job of mimicking the natural batting process more closely than the others. This is because the toss comes from in front of the batter and does not involve the stress and difficulty of throwing normal distances. However, like the other methods, it does require some logistics to get it right. Here are some:



- Both the batter and the thrower should wear helmets.
- Never do a short-toss drill unless the thrower is behind a safety screen or net that is totally secure.
- If in a batting cage, be aware that batted balls can ricochet off poles and/or nets and hit the thrower. Be careful and wear a helmet.

- Be sure the thrower's entire body is behind the screen BEFORE the ball is hit.
- Usually the screen and thrower are positioned about 10-15 feet in front of the batter. The thrower can stand and toss or sit and toss depending on their ability to toss and comfort level.
- Tosses can be made underhanded around the screen. They can also be done overhand from the side or above the screen.
- Tosses should be firm without much arc unless the specific drill calls for it.
- Enough time should be given between tosses to allow the batter to reset properly for the next swing. No rapid fire unless the drill specifically calls for it!