

Stride Pause Swing

Age Level:

All Levels

Position:

All Players

Description of Drill:

Players stride, pause and then hit the ball off of tee

Purpose of Drill:

This helps the kids break down their swing and will let them feel what it is like to take a good swing.

of Coaches/Players

Link to Diagram

One Coach

Multiple Players

Equipment

Link to Video

Tee and Baseballs

[Stride Pause Swing](#)

Hitting Area

[Stride Pause Swing #2](#)

Time of Drill:

15 Minutes

of Reps per Player:

30+ - 4 Players

How To Run The Drill

First video really explains it clearly.

Comments:

Also can use smush and wiffle balls. If you use smush or wiffle it takes a lot less space.