



EDLEFSEN BASEBALL

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At Edlefsen Baseball we are passionate about the game of baseball. We provide coaches and players the guidance and tools to have fun with the game while improving overall skills, build character, and accomplish individual and team goals.

We train all ages. We offer coaches clinics, individual team practices, game evaluations, one on one training (coaches and/or players), tryout evaluations, and can also assist in the recruiting process.

We train all offensive and defensive skills of the game.

HITTING AND BUNTING DRILL OPTIONS

THE IDEAL HITTING PROGRESSION

- a) **Ready Load Position**
- b) **Point of Contact Position** – back foot turns on ball of foot a quarter turn/toe pointed to pitcher – back knee is bent. Front leg acts as brake/stop and is straight.
- c) **Follow Through Position**– full arm and bat extension



1. **BAT BEHIND THE BACK DRILL:** Batter places the bat behind his back underneath his armpits resting on the elbow pits. Arms should be up in a comfortable position (not hanging down). Batter simulates a pitcher throwing a ball, saying, “pitcher (watch the pitcher), load (cock the hips – still looking at pitcher), ball (look at the ball in the strike zone), and swing,” (rotate back foot and hips – end in a belt buckle to pitcher position). Hold the final position for 3 seconds and stay in balance and not fall over.



2. **HIGH LOW SOFT TOSS** – Simple soft toss with tosser throwing two balls with one hand both high and low in the hitting zone. Tossers verbalizes which pitch to hit, either high or low. Tossers show baseball and says “load, stride, and high or low.”



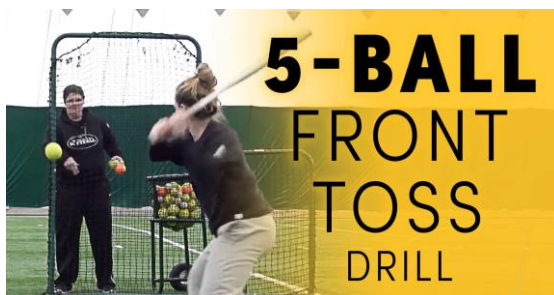
3. **BEHIND TOSS – SOFT TOSS:** Coach will throw soft toss with good speed from behind the hitter. Hitters focus on hitting the ball up the middle or opposite field. Focus should be on maintaining bat path - short to the ball and long through the zone.



4. **TENNIS BALL OR PRACTICE BALL NUMBERED SOFT TOSS:** Tennis balls are tossed numbered 1-4 and used as a soft toss drill. Hitters will load, stride, swing and call out the number of the ball pitched upon contact. Hitter is focusing on keeping their eye on the ball and pitch recognition.



5. **5 BALL QUICK PITCH** (can be soft toss or front toss) Coach throws short batting practice under hand from behind a backwards L (stand behind tall side) screen. 5 consecutive pitches are thrown in quick succession (fast, but not so fast the batter cannot get back into ready position). Hitter is focusing on fasthands and maintaining good balance hitting 5 pitches in a row in a fast manner not worrying results.



6. **HIGH TEE DRILL:** Tee is set to the batter's armpit height. Batter should focus on hitting balls gap to gap (left center and right center), emphasizing top hand bat path. This drill is helpful for kids who "drop their bat" and swing under the baseball (swinging down to up instead of up to down), creating muscle memory for proper bat path.



7. **TEE WORK (INSIDE, MIDDLE, OUTSIDE):** Tee should be placed in front of the plate for inside pitches, front of plate and in the middle for middle pitches, and back (deeper in the strike zone) for outside pitches. Batter should focus on hitting the ball to the field where the pitch is pitched.



8. **FENCE DRILL:** Place the bat between the batter waist and the cage net or fence. Assume hitting stance. Perform a series of swing concentrating on a short compact swing. The bat comes close to the net/fence but does not touch it.



9. **ONE HANDED DOWEL (STICK DRILLS):** Use tennis ball or whiffle balls. This drill can be done on a tee or soft toss. One-Handed Drills are ideal for promoting a short swing because to perform the drills effectively, the hitter must swing the bat correctly. This drill is just like any basic soft toss drill, but the batter will only swing the bat with one arm. The goal is making sure each hand takes as short a path to the ball as possible.



10. **UNDERHAND FRONT TOSS:** (place pitching screen approximately 20 feet from home plate and stand behind tall side). Front toss is a drill that most all professional players do daily, and amateur players should. It is a great drill to work on pitch location – hitting the ball in the direction of where the ball is pitched. From such a close distance and at such a slow speed, soft toss is also about swing maintenance, as it does allow hitters to focus on a weakness; like a dead pull hitter who struggles to take the ball the other way or a hitter who pops everything up and needs to learn how to stay on top. Work on inside, middle, and outside locations.



11. **WHIFFLE GOLF BALL DRILLS:** (Use whiffle golf balls) Use with tee, soft toss, underhand or overhand front toss. Because to ball is smaller, it increases the batter's concentration and focus.



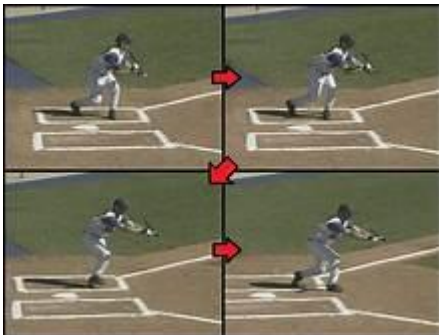
12. **BUNTING:**

- a. Sacrifice Bunt: This is the most common bunt. The goal is to sacrifice the batter so that a runner on base can get into scoring position. Usually with runner(s) on 1st, 2nd or 1st and 2nd and no outs. The batter will square off (quarter foot turn) to the pitcher before he releases the ball, with the intent of showing everyone he is about to bunt.



- b. Bunting for a Base Hit:

Right-hand: back foot drops back and front foot moves slightly forward in a stutter step movement. Top hand moves up the bat with thumb pointed toward barrel end of bat.



Left-handed: Back leg/foot comes around front. Top hand moves up the bat with the thumb pointed up the barrel end of the bat. Can be used as a push or a drag bunt.



C. Fake Bunt and Slash/Hit Away: Great way get defensive players moving out of normal positions – thinking you are bunting and then pulling the bat back and hitting the ball to the vacated fielding position. Fake the bunt early from the sacrifice bunt position/situation.

