

HITTING MANUAL

- Drill for Beginners to Advance -

WAYZATA

FASTPITCH

Angela McBeain

Owner of Grit Sports Fastpitch Training

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GRIT SPORTS

Beginner Hitting Manual

Ages: 7 to 11 yrs. old

Best for:

- Hitters new to fastpitch
- Hitters moving up to kid pitch 10u
- Hitters at any stage that needs things simplified

Lower Half Focus Beginners

Week 1

Drill	How	Equipment	Main Concept	Cue
PVC Coil + Mirror Coil to Stride	Hold PVC by back foot like you would a bat. Lift front leg and sit in the back hip. Watch in mirror to see Coil and Stride. Land in a position to do damage.	PVC & Mirrors	Strong Foundation	Back Front Pocket to Pitcher, Belt Buckle to Catcher, Land 50/50
Yoga Block Tips	Front foot on yoga block, slowly tip block and land in stride. Reset if landing not in 50/50.	Yoga Block, SB's, Tee	Lower Half Sequencing	Slow and controlled, Land in release/launch position
Med Ball Throws + Stride Position Swings	Hold med ball by back shoulder, load, stride throw. Start in stride, and swing from there. Controlled first move is key.	Med Ball & Tee & SB's	Deceleration	Keep Nose behind Knee & Stay Stacked
Flamingo Drill	Standing on back leg, coil hip/load hip towards catcher. Then get to stride with a controlled forward move.	Tee, SB	Staying Center	Control and land centered

Coaching Emphasis

- Be sure your athletes are moving with control.
- Spend extra time on load and stride, it is a huge foundational piece of the swing.

Week 2

Drill	How	Equipment	Main Concept	Cue
PVC Coil + Mirror Coil to Stride	Same as week 1	PVC & Mirrors	Strong Foundation	Back Pocket to Pitcher, Belt Buckle to Catcher
Band Flamingo Drill	Band on waist pulling athlete back into coil. Front leg up, coil, stride, then swing. Practice swings after stride. Feel drill, do not hit real balls this is just to help feel load.	Band, Bat	Lower Half Sequencing	Slow and controlled, Land in release/launch position
Block Swings	Front foot stays on yoga block or slant board during swing. No stride needed, start in stride.	Block/slant board, SB's, Tee	Deceleration	Keep Nose behind Knee & Stay Stacked
Flamingo Drill	Front leg up, coil, stride, then swing. Slow controlled coil and stride. Land in position to do damage then swing.	Tee, SB	Staying Center	Control and land centered

Coaching Emphasis

- In this second week we are looking for athletes to start feeling more comfortable with how to load.
- We are also going to be testing stability, make sure athletes have a strong start position and aren't falling backwards.

Week 3

Drill	How	Equipment	Main Concept	Cue
Mirror Coil, Stride, Separate w/Bat	Hold PVC by back foot like you would a bat. Lift front leg and sit in the back hip. Watch in mirror to see Coil and Stride. Land in a position to do damage. Now we add the initial hip turn, Belly button rotates to 1 st base	Mirrors	Strong Foundation	Back Pocket to Pitcher, Belt Buckle to Catcher
Bat on Hip (Hip Turn)	Hold bat across hips, tee in lined up with belly button. Load, stride, and explode into hip turn.	Tee, Wiffle Ball, Bat	Lower Half Sequencing	Slow and controlled, Land in release/launch position
Block Swings	Same as week 2	Block, SB's, Tee	Deceleration	Keep Nose behind Knee & Stay Stacked
Grounded Swings	Get into a strong stride position. Make sure athletes balanced. They will be swinging from a position where they will not be turning their feet. We are trying to work on hip fire without too much "squishing the bug" rather let the bug go.	Tee, SB's	Staying Center	Control and land centered

Coaching Emphasis

- Third week we are going to start looking for more drive off back leg and less sit and twist on the back foot.
- Simple reminders like drive the back knee forward and down can be helpful in reducing the sit and spin.

Upper Half Focus Beginners

Week 1

Drill	How	Equipment	Main Concept	Cue
Mirror swings shoulder Turn or take position + Pallof Press	Have athletes work in front of the mirror to see proper sequencing as we add the upper half. Video for Pallof Press	Mirror, Bands, Bat	Sequencing of Upper half & Core	Forearm parallel, barrel parallel, and hip stable
Replace Elbow w/ Knob	Tee will be set up right under the front elbow in the hitter's start position. Then have the hitter load, stride and turn the shoulders taking the knob to the tennis ball on the tee. The barrel should remain tight to the body and not flare out. Back Forearm should be parallel with back leg	Tee, Tennis Balls	Connection/start of swing	Use core and shoulders to move the barrel
Connection Ball	Ball of any size works preferably a soft material. Ball will go on back shoulder and bat will rest on ball. Hitters will full swing and we are looking for ball to fall out towards the front outside corner of the plate to help indicate if hands are staying in long enough	Connection Ball, Tee, SB	Tight turn, barrel path	Ball falling out at a 45 degree angle towards outside corner or at plate
Top Hand Tee Grabs	Tee will be placed slightly behind front foot close to the body. No bat is needed. Have hitters get in hitting stance, have them place the front arm over the ball on the tee, as if it's hovering. The goal is to keep the hand there as they "swing" with their top hand to grab the ball on the tee.	Tennis Balls, tee	Top Hand Iso, the driver	Forearm parallel on turn before extension

Week 2

Drill	How	Equipment	Main Concept	Cue
Mirror + Contact Position	Same as week 1 but now we work to contact. We want to see good arm spacing and both arms bent. Ideal position would be barrel on same plane as shoulders and hands above the barrel.	Mirror & Bat	Sequencing of Upper half & Barrel Path	Forearm parallel to back leg, barrel and shoulders match
Replace Elbow w/ Knob	Same as week 1	Tee, Tennis Balls	Connection/start of swing	Use core and shoulders to move the barrel
Connection Ball	Same as week 1	Connection Ball, Tee, SB	Tight turn , barrel path	Ball falling out at a 45 degree angle towards outside corner or at plate
Bottom Hand Tee Grabs	Similar set up to week 1. Tee moves slightly more in front of front leg. Top hand will just be relaxed or down. Hitter gets in hitting stance and does a “swing” with just the bottom hand. Work on making sure they are short to the ball and long through the ball.	Tennis Balls,	Timing and Hand eye coordination	Forearm parallel on turn , meet the ball out front

Coaching Emphasis

- Upper half mechanics are tedious and very detailed. Make sure progressions are used properly if these drills all need to be done slow motion before full speed that is okay.
- Common errors when talking about the upper half.
 - o Some athletes will want to totally expose their front side (open up too early, pull front shoulder out) remind those athletes that chest and belly bottom need to stay by home plate. Another way of saying it can be only turn halfway. Or lightly tug on their shirt by their back shoulder to show them what it should feel and look like.

Week 3

Drill	How	Equipment	Main Concept	Cue
Wall Swings + Core Work	Wall swings can be done anywhere. Have athletes stand 12 inches from a stationary object. Have them work on load, stride, and shoulder turn. The wall barrier is there to remind them that the barrel needs to stay back when we turn. But also expose them if they are opening too soon.	Wall & Med Ball	Sequencing of Upper half & Barrel Path	Keep the hands tight without pushing.
Chuck It Toy!	Dog toy will be needed. The goal with the chuck it is for the hitter to keep their hands in long enough to see the ball fly straight. If they cast ball will release too soon. If they flare open too soon the ball will release late.	Chuck It, Tennis Balls	Connection/barrel release	Let the body accelerate the hands
Kneeling Insider Bat Single Arm Swings	Kneeling on back leg to work on staying stacked. The hitter will use a insider bat or mini bat. The main focus here is to isolate the upper half to get the hitter to feel what each hand should be doing in their swing. Make sure they only go to extension.	Insider Bat, Wiffle Balls, Tee	Hands staying inside ball and Single Hand ISO	Use the back shoulder and core to accelerate the lead arm
Connection Ball Side Toss	Same as week 2 but now we add a moving ball component.	Connection Ball, SB, Screen	Tight turn, barrel path	Ball falling out at a 45 degree angle towards outside corner or at plate

Coaching Emphasis

- In the back of the manual, I will provide some simple core exercises for your hitters to do during a practice or training session.
- If you notice your hitters' hands are dropping remind them to keep their hands as high as their chin.
- If your hitter is rolling over, progress the backwards to only extension swings.

Power & Bat Speed Beginners

Week 1

Drill	How	Equipment	Main Concept	Cue
Core Work	See back of manual for core exercises	Wall & Med Ball	Power	No cue, this is for developing Strength
Tennis Racquet Swings	Side toss with tennis racquet. Goal here is swing only to contact and work on keeping hands palm up and palm down. Start hitter in stride to work on training hip drive and being quick to the ball.	Tennis Racquet & Tennis Balls	Hand/Bat Speed	Let the body accelerate the hands
Soccer Ball Side Toss	Slightly deflated soccer balls work great. Side toss soccer balls and work from a stride position again to work developing faster swing and hand speed.	Soccer Balls	Power	Super your legs to power through the ball
Mini Balls & SB	Side toss working from stride and being explosive.	Mini Balls & Softballs	Bat Speed	Get the barrel on the middle of the ball
Front Toss	Front toss we want them to start putting together all the things they have learned from previous weeks. See ball hit ball, keep it simple for them.	SB	Bat Speed	Short and Quick to the ball

Coaching Emphasis

- When we start to talk about power and bat speed hitters tend to forget the importance of their legs. Remind them that they still need to be starting the swing from their legs.
- Give lots of encouragement when working on power and bat speed. Mechanics might not be 100% but we are trying to develop hitters in a progression approach. So small hitter cues for mechanics is great but too much information for the young ones can be confusing.

Week 2

Drill	How	Equipment	Main Concept	Cue
Core Work	See back of manual for exercises.	Wall & Med Ball	Power	No cue, this is for developing Strength
Cam Wood Bat Swings	A Cam wood bat is not needed. Something that is shorter in length and heavier than their normal bat will work. A slightly heavy bat to help work on still producing a strong swing with good mechanics. If bat is too heavy, try a lighter one. This drill will be done from side toss.	Cam Wood Mini Bat & Tennis Balls	Hand/Bat Speed	Let the body accelerate the hands
Weighted Ball Side Toss	Weighted balls of various weights work for this. Working on being strong through contact and using the legs to produce the power in the swing.	Weighted Balls	Power	Super your legs to power through the ball
Mini Balls & SB	Same as week 1	Mini Balls & Softballs	Bat Speed	Get the barrel on the middle of the ball
Front Toss	If your group is progression at a good pace. Try having them start in stride and swing from there to help build bat speed. Again try to keep it simple and only a few cues for mechanics.	SB	Bat Speed	Short and Quick to the ball

Week 3

Drill	How	Equipment	Main Concept	Cue
Core Work	See back of manual for exercises.	Wall & Med Ball	Power	No cue, this is for developing Strength
Cam Wood Bat Swings	Same as week 2	Cam Wood Mini Bat & Tennis Balls	Hand/Bat Speed	Let the body accelerate the hands
Jump Back Drill-w/tee	Hitter will start in their normal stance. Have them then stand just on their front leg. They will jump back onto their back leg (emphasizing a good load) and then stride to swing. Make sure hitters are stacked as they jump back and stride.	Tee & Softballs	Power	Super your legs to power through the ball
Happy Gilmore Drill from Tee	2-3 steps back from tee hitter will cross over their back foot in front of their front foot and slowly work into a stride position. We want them to work slow to go as if they would be loading in a game.	tee & Softballs	Bat Speed	Get the barrel on the middle of the ball
Front Toss	Same a week 2	SB	Bat Speed	Short and Quick to the ball

Coaching Emphasis

- At this level of development, the goal is to see them control a fast swing or another way to say it is controlling the violent act of swinging, We want them to swing hard but with the right control of their body.

Timing & Pitch Selection Beginners

Week 1

Drill	How	Equipment	Main Concept	Cue
Timing Drill/ Vision Training	Place a ball on a tee as a down the middle pitch. Hitters will not need a bat. They will get in a hitting stance and a tosser out in front will pitch tennis balls towards the tee. The goal is for the hitter to verbally say YES or NO if they would swing. If they say yes, they should do a fake swing. If they say no, they should be in a take position.	Tennis Balls	Timing and seeing the ball	Are we early enough to read the number
Low Outside Tee	Make sure tee is set up slightly behind the front foot AFTER stride. Have them work to extension.	Tee & SB	Pitch Location Work	Body makes adjustments. Let is give direction tot RF
High Outside Tee	Same as Low outside tee but make sure tee is at the top of the strike zone.	Tee & SB	Pitch Location Work	Body makes adjustments. Let is give direction tot RF
Takes for Timing -> Swing	This ideally should be done with front toss. Throw the hitter 5 balls and have them work on timing and their takes. Reiterate the importance of a good take position. After 5 balls let them swing at 5 pitches. Repeat 2 times per hitter	SB	Timing and Takes	Body position on takes - be on time
Front Toss-Only outside Pitches	Set up front toss screen so you are only throwing to the outside part of the plate. Hitters will now get live reps of the pitch location they worked on previously.	SB	Pitch Location work	Short and Quick to the ball

Coaching Emphasis

- For the outside pitch it can be tough to hit as most young hitters are impatient. Remind them to let the ball travel and visual items like a cone for where to make contact with the ball can be helpful.

Week 2

Drill	How	Equipment	Main Concept	Cue
Timing Drill/ Vision Training	Same as week 1	Tennis Balls	Timing and seeing the ball	Are we early enough to read the number
Inside LOW Tee	Make sure tee is set up IN FRONT of the front foot AFTER stride. Have them work to extension.	Tee & SB	Pitch Location Work	Body makes adjustments. Let is give direction tot LF
Inside HIGH Toss	Same as Low inside tee but make sure tee is at the top of the strike zone.	Tee & SB	Pitch Location Work	Body makes adjustments. Let is give direction tot LF
Number Ball Vision Training	Numbered tennis balls and side toss. Toss a numbered tennis ball and have the hitter say the number as they swing. This is great for kids who pull their head.	Tennis Balls	Timing and Tracking	See the ball early and long
Front Toss ALL INSIDE	Same as Week 1 but inside pitches.	SB	Pitch Location work	Short and Quick to the ball

Coaching Emphasis

- For the inside pitch, timing is huge. Make sure your hitters are early enough in stride to fire the hips sooner.
- Also, if your hitters cast their hands, couple this drill work with the connection to help them feel their hands stay in longer.
- For both inside and outside making sure extension is happening in the swing is a huge part of where the ball ends up.

Week 3

Drill	How	Equipment	Main Concept	Cue
Timing Drill/ Vision Training	Same as week 1 and 2	Tennis Balls	Timing and seeing the ball	Are we early enough to read the number
Two Tee (high inside & low outside)	Place one tee on the low outside corner. Place a second tee on the high inside corner. Have hitter get ready, coach or teammate will tell the hitter which ball to hit. Working on quick adjustments and goal is not to hit the ball on the opposite tee.	Tee x 2 & SB	Pitch Location Work	Can we make swing adjustments quickly and effectively
Bunting Game	Using a hoola hoop or cones make circle about 3 steps off of home plate. Have the hitter work on getting the bunts to land in the circle.	SB + Hula Hoop	How to bunt	Catch the ball with the bat. Barrel at the top of the zone.
Number Ball Vision Training	Same as week 2	Tennis Balls	Timing and Tracking	See the ball early and long
Front Toss- 5 swings pick the best 5 balls to hit	Challenge the hitters to only swing at 5 balls. This will be tough as most young kids will swing at everything. This is helping them with decision making and understanding why they are swining.	SB	Discipline	Know what pitches we WANT. Be first strike ready!

Coaching Emphasis

- As you work in different types of pitches help the young hitters understand why swinging at everything isn't always the best approach. Give them tips for what is a good pitch to swing at.
- Patience with them as they start to understand that batting practice isn't about hitting every ball.

Competing & Mental Approach Beginners

Week 1 – 3

Drill	How	Equipment	Main Concept	Cue
Bunting Competition	Partner up and work as a team to get points. Every Bunt in the hoola hoop is 5 points 10 attempts per kid	Hoola Hoop & Softballs	Bunting confidence and competence.	Try to catch the ball with your bat. Barrel head facing up. Barrel needs to cover the plate.
Pitch Selection Competition	Partner will toss tennis balls out front, other partner will be in the batter's box. The batter will have to say if it was a ball or strike. For everyone they get correct they get 2 points. 10 total attempts per kid	Tennis balls	Pitch Location Work	Keep head and eyes on the ball.
Exit Velocity Competition	One hitter will swing off the tee while the other runs the pocket radar. Each hitter gets 10 swings each. Points for exit velocity are: 0-39mph: 3 points 40-59mph: 5 points	Tee, SB, Pocket Radar	Power	Swing controlled at 100%
Line Drive Contest	This can be done from a tee or with side toss. Hitter gets 10 swings. Line drives are worth 5 points.	Tee & SB	Swing Mechanics	Cut the ball in half.
Front Toss-Counts	Start with a 0-0 and progress to a full count. For every quality at bat they get 5 points. QAB will need to be discussed beforehand, so they understand why they are important. Counts that need to be completed: 0-0, 0-1, 0-2, 1-1, 1-2, 2-2, 2-3, 1-0, 2-0, 2-1, 3-0, 3-1	SB	Quality at bats & Mental Training	Good pitches get good swings and let the bad ones go by.

Coaching Emphasis

- Provide an environment they can work on competing with teammates and implementing all the stuff they have learned.
- This helps build friendly competition as well as a good team culture.
- For mental training, focus on reminding them that things are temporary. We can learn from a mistake and then move on to the next task. Be more concerned about the next pitch not the last pitch.
- Keep these competitions the same and see if they can progressively get better over the three weeks. Get better with points scored or understanding what a QAB is.
- Mental training for this group is to instill confidence in them. Remind them of what they are doing great at and give them helpful tips to be even better. We want them to feel comfortable and confident in the box.
- Remember the goal is to make sure they are having fun. Hitting is a very hard skill, the progression of how they grow as a hitter happens at different speeds for all athletes. Be present in the season your hitters are in developmentally as it can play a huge role in how they further develop a love for the game.
- Slow down and enjoy this phase as a coach too. This can be a big learning curve and help give you more perspective on how kids learn.

Intermediate Hitting Manual

Ages: 10 - 14 yrs. old

Best for:

- Hitters who have developed fundamental skills and mechanics
 - Hitters advancing faster than their age group
- Hitters ready for the next step and a more challenging approach

Lower Half Focus Intermediate

Week 1

Drill	How	Equipment	Main Concept	Cue
PVC Coil + Mirror Coil to Stride	Hold PVC by back foot like you would a bat. Lift front leg and sit in the back hip. Watch in mirror to see Coil and Stride. Land in a position to do damage.	PVC & Mirrors	Strong Foundation	Back Front Pocket to Pitcher, Belt Buckle to Catcher, Land 50/50
Yoga Block Tips	Front foot on yoga block, slowly tip block and land in stride. Reset if landing not in 50/50.	Yoga Block, SB's, Tee	Lower Half Sequencing	Slow and controlled, Land in release/launch position
Med Ball Throws + Stride Position Swings	Hold med ball by back shoulder, load, stride throw. Start in stride, and swing from there. Controlled first move is key.	Med Ball & Tee & SB's	Deceleration	Keep Nose behind Knee & Stay Stacked
Flamingo Drill	Standing on back leg, coil hip/load hip towards catcher. Then get to stride with a controlled forward move.	Tee, SB	Staying Center	Control and land centered

Coaching Emphasis

- Be sure your athletes are moving with control.
- Spend extra time on load and stride, it is a huge foundational piece of the swing.

Week 2

Drill	How	Equipment	Main Concept	Cue
Mirror Coil & Separation	With Bat in hands face the mirror as if it's the pitcher. Hitter will work through their load, stride and then add separation. Separation we are looking for the shoulders to stay back and chest still facing the plate. Hips should have rotated slightly but not completely open.	PVC & Mirrors	Strong Foundation	Back Pocket to Pitcher, Belt Buckle to Catcher
Band Flamingo Drill -> Swing	Band on waist pulling athlete back into coil. Front leg up, coil, stride, then swing. Practice swings after stride. Feel drill, do not hit real balls this is just to help feel load.	Band, Bat	Lower Half Sequencing	Slow and controlled, Land in release/launch position
Block Swings	Front foot stays on yoga block or slant board during swing. No stride needed, start in stride. Goal is to stay stacked.	Block, SB's, Tee	Deceleration	Keep Nose behind Knee & Stay Stacked
Flamingo Drill on tee	Same as week 1	Tee, SB	Staying Center	Control and land centered
Partner Side Toss w/stride over PVC	PVC pipe will be placed under the hitter in line with their belly button after they get to stride. PVC pipe is there to see if they are staying centered in their swing. Hitter will always start in stride, partner will side toss and hitter will check to see if after their swing their back knee, hip and shoulder are all inline over the PVC.	SB, bucket	Control Stride/Stay Center	Come down firm but soft. Turn your hips to bring the hands through

Coaching Emphasis

- In hitters are hitting the ball up a lot check to see if their staying stacked in their back side. They could be falling backwards causing them to drop the barrel.
- Staying centered in the hitter's swing will help them make better swing adjustments later in their career. Really emphasize the importance of anchored in our spine when we swing.

Week 3

Drill	How	Equipment	Main Concept	Cue
Mirror Coil, Stride, Separate	Same as week 2	Mirrors	Strong Foundation	Back Pocket to Pitcher, Belt Buckle to Catcher
Hip Turn onto Med Ball	Hitter gets set up and a large medicine ball is placed right in front of their back knee. The hitter will start in stride. Cue the hitter to drive their knee towards the ball by using their hips. Once they get into position make sure they are in a good separation position before letting them swing.	Tee, Wiffle Ball, Bat, Med Ball	Lower Half Sequencing	Slow and controlled, Land in release/launch position
Hip Behind Tee	One tee will be set up by the plate. Additional tee will be set up slightly in front of their front leg after stride, behind their front hit. The goal is to make sure the front hip isn't drifting into the tee; we are staying behind the ball and behind the tee.	Tee x 2 , SB's	Deceleration	Keep Nose behind Knee & Stay Stacked
Grounded Swings with Half bat and Tee	Hitter gets to stride; feet will stay plated for this drill. Hitter will choke up with their bat and make it half the size. Hips will rotate but we should not see the back foot spinning.	Tee, SB	Staying Center	Control and land centered
Partner Side Toss Grounded Swings	Same as previous drill, now we progress into normal size bat and side toss.	SB, bucket	Control Stride/Stay Center	Come down firm but soft. Turn your hips to bring the hands through

Coaching Emphasis

- Grounded swings will be the hardest for hitters because they will want to spin off the back foot. Remind them that we are not squishing the bug, but we are letting the bug go out the back side of our foot.
- Grounded swings are helpful in developing proper hip action as we start to swing, be picky on how hitters are executing the drill.

Upper Half Intermediate

Week 1

Drill	How	Equipment	Main Concept	Cue
Mirror + Pallof Press	Have athletes work Infront of the mirror to see proper sequencing as we add the upper half. Video for Pallof Press	Mirror, Bands, Bat	Sequencing of Upper half & Core	Forearm parallell, barrel parallel, and hip stable
Replace Elbow w/ Knob	Tee will be set up right under the front elbow in the hitters start position. Then have the hitter load, stride and turn the shoulders taking the knob to the tennis ball on the tee. The barrel should remain tight to the body and not flare out. Back Forearm should be parallel with back leg	Tee, Tennis Balls	Connection/start of swing	Use core and shoulders to move the barrel
Connection Ball	Ball of any size works preferably a soft material. Ball will go on back shoulder and bat will rest on ball. Hitters will full swing and we are looking for ball the fall out towards the front outside corner of the plate to help indicate if hands are staying in long enough	Connection Ball, Tee, SB	Tight turn , barrel path	Ball falling out at a 45 degree angle towards outside corner or at plate
Top Hand Tee Grabs	Tee will be placed slightly behind front foot close to the body. No bat is needed. Have hitters get in hitting stance, have them place the front arm over the ball on the tee, as if its hovering. The goal is to keep the hand there as they “swing” with their top hand to grab the ball on the tee.	Tennis Balls, tee	Top Hand Iso, the driver	Forearm parallel on turn before extension
Bottom Hand Throws	Hitter will grab a tennis ball with only their bottom hand and get into hitter stance. They will make a box with their front arm and body. The Hand will rest next to the shoulder. The goal is the get the hitter to throw the ball straight towards a target and maintaining good spacing.	Tennis Balls	Staying inside the ball and direction	Relace the elbow and release

Week 2

Drill	How	Equipment	Main Concept	Cue
Mirror + Contact Position	Same as week 1 but now we work to contact. We want to see good arm spacing and both arms bent. Ideal position would be barrel on same plane as shoulders and hands above the barrel.	Mirror & Bat	Sequencing of Upper half & Barrel Path	Forearm parallel to back leg, barrel and shoulders match
Replace Elbow w/ Knob	Same as week 1	Tee, Tennis Balls	Connection/start of swing	Use core and shoulders to move the barrel
Connection Ball	Same as week 1	Connection Ball, Tee, SB	Tight turn , barrel path	Ball falling out at a 45-degree angle towards outside corner or at plate
Top and Bottom Hand Catches	One partner will be a pitcher and the other will be in the batters box. Starting with the top hand only, the pitcher will throw a tennis ball and the hitter needs to catch the ball at the correct contact position. You will repeat this from the bottom hand as well.	Tennis Balls,	Timing and Hand eye coordination	Forearm parallel on turn , meet the ball out front
2 Tee Barrel path	One tee will be out front simulating a down the middle pitch with a ball on it. A second tee will be directly behind it slightly lower with a ball on it. The hitter will need to control their barrel and not hit the back tee, only the front tee with a ball on it.	2 Tees, SB	Barrel path	We want the barrel to stay on plane of ball

Coaching Emphasis

- Barrel control is a large part of upper half mechanics. Strong top hand can help with controlling the bat better.
- Common errors when talking about the upper half.
 - o Some athletes will want to totally expose their front side (open up too early, pull front shoulder out) remind those athletes that chest and belly bottom need to stay by home plate. Another way of saying it can be only turn halfway. Or lightly tug on their shirt by their back shoulder to show them what it should feel and look like.

Week 3

Drill	How	Equipment	Main Concept	Cue
Wall Swings + Core Work	Wall swings can be done anywhere. Have athletes stand 12 inches from a stationary object. Have them work on load, stride, and shoulder turn. The wall barrier is there to remind them that the barrel needs to stay back when we turn. But also expose them if they are opening too soon. Back of manual will have core work exercises	Wall & Med Ball	Sequencing of Upper half & Barrel Path	Keep the hands tight without pushing.
Chuck It Toy!	Dog toy will be needed. The goal with the chuck it is for the hitter to keep their hands in long enough to see the ball fly straight. If they cast ball will release too soon. If they flare open too soon the ball will release late.	Chuck It, Tennis Balls	Connection/barrel release	Let the body accelerate the hands
Kneeling Insider Bat SA- Bottom Hand & Top	Kneeling on back leg to work on staying stacked. The hitter will use a insider bat or mini bat. The main focus here is to isolate the upper half to get the hitter to feel what each hand should be doing in their swing. Make sure they only go to extension.	Insider Bat, Wiffle Balls, Tee	Hands staying inside ball and Single Hand ISO	Use the back shoulder and core to accelerate the lead arm
Split Grip w/Ball Hug	Holding the bat with hands about 1 inch apart have the hitter get into hitter stance. You can use a medium size beach ball or a connection ball for this. The hitter will hug the ball in their front arm. This will help the hitter maintain spacing and keep them from wanting to pull across their body.	Tee, SB	Arm Spacing and Barrel Path	Hands should work together and keep good space
Connection Ball front Toss	Same as week 2 but now we add a moving ball component.	Connection Ball, SB, Screen	Tight turn, barrel path	Ball falling out at a 45 degree angle towards outside corner or at plate

Coaching Emphasis

- Where the eyes go the body follows. Remind hitters we want balls to travel between shortstop and RF. Have them look out front to visualize and then swing.

Power/Bat Speed Intermediate

Week 1

Drill	How	Equipment	Main Concept	Cue
Core Work	See back of manual for exercises.	Wall & Med Ball	Power	No cue, this is for developing Strength
Tennis Racquet Swings	Side toss with tennis racquet. Goal here is swing only to contact and work on keeping hands palm up and palm down. Start hitter in stride to work on training hip drive and being quick to the ball.	Tennis Racquet & Tennis Balls	Hand/Bat Speed	Let the body accelerate the hands
Soccer Ball Side Toss	Slightly deflated soccer balls work great. Side toss soccer balls and work from a stride position again to work developing faster swing and hand speed.	Soccer Balls	Power	Super your legs to power through the ball
Mini Balls & SB	Side toss working from stride and being explosive.	Mini Balls & Softballs	Bat Speed	Get the barrel on the middle of the ball
Front Toss Start in Stride	Front toss with hitter already in stride to help them generate fast hip turn and bat speed.	SB	Bat Speed	Short and Quick to the ball

Coaching Emphasis

- When we start to talk about power and bat speed hitters tend to forget the importance of their legs. Remind them that they still need to be starting the swing from their legs.
- Look to see if your hitters are still just turning the back foot and spinning. If that is the case, you can couple these drills with some lower half drills. Example use the med ball and have them work on driving the knee.

Week 2

Drill	How	Equipment	Main Concept	Cue
Core Work	See back of manual for exercises.	Wall & Med Ball	Power	No cue, this is for developing Strength
Cam Wood Bat Swings	A Cam wood bat is not needed. Something that is shorter in length and heavier than their normal bat will work. A slightly heavy bat to help work on still producing a strong swing with good mechanics. If bat is too heavy, try a lighter one. This drill will be done from side toss.	Cam Wood Mini Bat & Tennis Balls	Hand/Bat Speed	Let the body accelerate the hands
Weighted Ball Side Toss	Weighted balls of various weights work for this. Working on being strong through contact and using the legs to produce the power in the swing.	Weighted Balls	Power	Super your legs to power through the ball
Mini Balls & SB	Same as week 1	Mini Balls & Softballs	Bat Speed	Get the barrel on the middle of the ball
Front Toss-Rapid Fire	Hitters will only get three pitches in a row. The front tosser will toss three balls back-to-back in a quick pattern, Hitter will have to start in stride and be short and quick to the ball and only swinging to extension or contact so they can reset faster. On the 3 rd swing hitters can full swing.	SB	Bat Speed	Short and Quick to the ball

Coaching Emphasis

- For the rapid fire drill, you can progress backwards and do it from side toss and then move into front toss as well.

Week 3

Drill	How	Equipment	Main Concept	Cue
Core Work	See back of manual	Wall & Med Ball	Power	No cue, this is for developing Strength
Cam Wood Bat Swings to Regular Bat Swings	Same as week 2 but after the 6 swing with mini bat, go to 6 swings with regular bat.	Cam Wood Mini Bat & Tennis Balls	Hand/Bat Speed	Let the body accelerate the hands
Weighted Ball Side Toss to regular balls	Same as week 2 but after 6 swings the hitter will hit 6 regular balls.	Weighted Balls & SB	Power	Super your legs to power through the ball
Mini Balls & SB	Same as week 2	Mini Balls & Softballs	Bat Speed	Get the barrel on the middle of the ball
Front Toss Flamingo Drill	Hitter starts in the flamingo position like previous weeks. The hitter will want to work slow into stride and be explosive.	SB	Bat Speed	Short and Quick to the ball

Coaching Emphasis

- When working on power and bat speed make sure your athletes are working slow to fast. We don't swing in games uncontrolled and fast to fast. Get the hitters to slow down and feel rhythm when working slow to fast it will help them better build power.

Timing & Pitch Selection Intermediate

Week 1

Drill	How	Equipment	Main Concept	Cue
Timing Drill/ Vision Training	Place a ball on a tee as a down the middle pitch. Hitters will not need a bat. They will get in a hitting stance and a tosser out in front will pitch tennis balls towards the tee. The goal if for the hitter to verbally say YES or NO if they would swing. If they say yes, they should do a fake swing. If they say no, they should be in a take position.	Tennis Balls	Timing and seeing the ball	Are we early enough to read the number
Outside Tee	Make sure tee is set up slightly behind the front foot AFTER stride. Have them work to extension.	Tee & SB	Pitch Location Work	Body makes adjustments. Let is give direction tot RF
Outside High Tee	Same as Low outside tee but make sure tee is at the top of the strike zone.	SB & Tee	Pitch Location Work	Body makes adjustments. Let is give direction tot RF
Takes for Timing -> Swing	This ideally should be done with front toss. Throw the hitter 5 balls and have them work on timing and their takes. Reiterate the importance of a good take position. After 5 balls let them swing at 5 pitches. Repeat 2 times per hitter	SB	Timing and takes	Body position on takes - be on time
Front Toss- Angled for outside Pitches	Set up front toss screen so you are angled and the screen in on the inside portion of the plate. When tossing you'll be toss across the plate towards the outside corner forcing the hitter to wait and drive the outside pitch. Hitter will still set up in a normal position as if the pitcher is straight ahead but the ball will travel on a different angle. .	SB	Pitch Location work	Short and Quick to the ball

Week 2

Drill	How	Equipment	Main Concept	Cue
Timing Drill/ Vision Training	Same as week 1	Tennis Balls	Timing and seeing the ball	Are we early enough to read the number
Inside LOW Tee	Make sure tee is set up IN FRONT of the front foot AFTER stride. Have them work to extension.	Tee & SB	Pitch Location Work	Body makes adjustments. Let is give direction tot RF
Inside HIGH Tee	Same as Low inside tee but make sure tee is at the top of the strike zone.	SB	Pitch Location Work	Body makes adjustments. Let is give direction tot RF
Number Ball Vision Training	Numbered tennis balls and side toss. Toss a numbered tennis ball and have the hitter say the number as they swing. This is great for kids who pull their head.	Tennis Balls	Timing and Tracking	See the ball early and long
Front Toss – Angled for inside	Same as Week 1 but the tosser will aim for the from corner of the plate. The hitter will need to keep hands inside the ball and drive it up the middle or towards left center or right center. Ideally for inside pitches we don't want to be pulling them foul. We want to have good direction in our swing.	SB	Pitch Location work	Short and Quick to the ball

Coaching Emphasis

- The front toss drills programmed can be difficult and if that is the case again progressed backwards to just setting up where the toss only throws inside and outside. When you notice hitters are getting good at that then change to the angled drill.
- Connection ball can be used for training direction for location pitches, so don't be afraid to couple that drill with these. Everything programmed can be coupled with previous drills.

Week 3

Drill	How	Equipment	Main Concept	Cue
Timing Drill/ Vision Training	Same as week 1 and 2	Tennis Balls	Timing and seeing the ball	Are we early enough to read the number
Two Tee (high inside & low outside)	Place one tee on the low outside corner. Place a second tee on the high inside corner. Have hitter get ready, coach or teammate will tell the hitter which ball to hit. Working on quick adjustments and goal is not to hit the ball on the opposite tee.	Tee x 2 & SB	Pitch Location Work	Can we make swing adjustments quickly and effectively
Bunting Game	Using a hoola hoop or cones make circle about 3 steps off of home plate. Have the hitter work on getting the bunts to land in the circle.	SB + Hula Hoop	How to bunt	Catch the ball with the bat. Barrel at the top of the zone.
Number Ball Vision Training	Same as week 2	Tennis Balls	Timing and Tracking	See the ball early and long
Front Toss-Say where it was	Tosser will work on pitches all over the plate. Cones, colored balls, or something as a visual can be used to indicate inside, outside, middle. The hitter will have to call out after their swing where the pitch was located.	SB	Tracking and pitch selection	Know what pitches we WANT. Be first strike ready!

Coaching Emphasis

- Vision training is a huge part of being a great hitter. Hand eye coordination plays a large role in how we decide to adjust in our swing and how we produce our swing. Try to integrate hand eye coordination and tracking drills into your practice plans.

Competing & Mental Approach Intermediate

Week 1

Drill	How	Equipment	Main Concept	Cue
Bunting Competition	Partner up and work as a team to get points. Every Bunt in the hoola hoop is 5 points 10 attempts per kid	Hoola Hoop & Softballs	Bunting confidence and competence.	Try to catch the ball with your bat. Barrel head facing up. Barrel needs to cover the plate.
Pitch Selection Competition	Partner will toss tennis balls out front, other partner will be in the batter's box. The batter will have to say if it was a ball or strike. As well as if the ball was inside, outside, or middle. For everyone they get correct they get 2 points. 10 total attempts per kid	Tennis balls	Pitch Location Work	Keep head and eyes on the ball.
Exit Velocity Competition	One hitter will swing off the tee while the other runs the pocket radar. Each hitter gets 10 swings each. Points for exit velocity are: 0-39mph: 3 points 40-59mph: 5 points	Tee, SB, Pocket Radar	Power	Swing controlled at 100%
Line Drive Contest	This can be done from side toss. Hitter gets 10 swings. Line drives are worth 5 points.	Tee & SB	Swing Mechanics	Cut the ball in half.
Front Toss-Counts	Start with a 0-0 and progress to a full count. For every quality at bat they get 5 points. QAB will need to be discussed beforehand, so they understand why they are important. Counts that need to be completed: 0-0, 0-1, 0-2, 1-1, 1-2, 2-2, 2-3, 1-0, 2-0, 2-1, 3-0, 3-1	SB	Quality at bats & Mental Training	Good pitches get good swings and let the bad ones go by.

Week 2

Drill	How	Equipment	Main Concept	Cue
Bunting Competition	Partner up and work as a team to get points. Every Bunt in the hoola hoop is 5 points 10 attempts per kid	Hoola Hoop & Softballs	Bunting confidence and competence.	Try to catch the ball with your bat. Barrel head facing up. Barrel needs to cover the plate.
Pitch Selection Competition	Partner will toss tennis balls out front, other partner will be in the batter's box. The batter will have to say if it was a ball or strike. As well as if the ball was inside, outside, or middle. For everyone they get correct they get 2 points. 10 total attempts per kid	Tennis balls	Pitch Location Work	Keep head and eyes on the ball.
Exit Velocity Competition	One hitter will swing off the tee while the other runs the pocket radar. Each hitter gets 10 swings each. Points for exit velocity are: 0-39mph: 3 points 40-59mph: 5 points	Tee, SB, Pocket Radar	Power	Swing controlled at 100%
Line Drive Contest	This can be done from a tee or with side toss. Hitter gets 10 swings. Line drives are worth 5 points.	Tee & SB	Swing Mechanics	Cut the ball in half.
Front Toss-Hit it where its pitched	Hitter will get 8 inside pitches and 8 outside pitches. For every HARD hit ball/line drive they will get 5 points. The ball has to be hit in the correct direction based on where the ball is pitched. Outside-RF (LF for lefty) and Inside-LF (RF for lefty)	SB	Quality at bats & Mental Training	Good pitches get good swings and let the bad ones go by.

Coaching Emphasis

- This can be a fun way to end a hitting day or programmed training clinic. See all the things they learned for the weeks come together.
- Teaching young kids about competing and excepting failure in the process can help them mentally when they are in a game.

Week 3

Drill	How	Equipment	Main Concept	Cue
Bunting Competition	<p>Partner up and work as a team to get points.</p> <p>Every Bunt in the hoola hoop, place a hoola hoop down third base line, middle, and first base line. See if bunters can bunt with understanding how to place a bunt. Every one that ends in a hoola hoop is 5 points</p> <p>10 attempts per kid</p>	Hoola Hoop & Softballs	Bunting confidence and competence.	Try to catch the ball with your bat. Barrel head facing up. Barrel needs to cover the plate.
Pitch Selection Competition	<p>Partner will toss tennis balls out front, other partner will be in the batter's box. The batter will have to say if it was a ball or strike. As well as if the ball was inside, outside, or middle. They will also have to say if it was high, low, middle. For everyone they get correct they get 2 points.</p> <p>10 total attempts per kid</p>	Tennis balls	Pitch Location Work	Keep head and eyes on the ball.
Exit Velocity Competition	<p>One hitter will swing off the tee while the other runs the pocket radar. Each hitter gets 10 swings each. Points for exit velocity are:</p> <p>0-39mph: 3 points 40-59mph: 5 points</p>	Tee, SB, Pocket Radar	Power	Swing controlled at 100%
Line Drive Contest	<p>This can be done from side toss.</p> <p>Hitter gets 10 swings.</p> <p>Line drives are worth 5 points.</p>	Tee & SB	Swing Mechanics	Cut the ball in half.
Bounce Drill	<p>Front toss person will bounce a tennis ball and the hitters will have to sit and wait to simulate a changeup. For every line drive the hitter gets 5 points.</p> <p>Give them 10 attempts.</p>	Tennis Balls	Change up and adjustability	Sit in the back leg more. Keep hands back if the lower half goes too soon.

Coaching Emphasis

- Provide an environment that encourages hitters to understand outcome of a swing. It can be as simple as asking them why the ball went down. This can help hitters to be more aware of what they are doing.
- Failure happens more often in softball. Using moments of failure to teach and grow can be very helpful for both coaches and players.
- For mental training, focus on reminding them that things are temporary. We can learn from a mistake and then move on to the next task. Be more concerned about the next pitch not the last pitch.
- Hitters might start to compare themselves. All hitters have a unique skill set. Pay attention in games or practice and give recognition to hitters for a strong quality they have when hitting. This can be they do well in 0-2 count, they put the ball in play a lot or they are always asking for one more rep.
- Confidence is huge, a great time to talk about how we feel in the box can be added to any of the drills. Hitters must believe in themselves first before they step in that box.
- Effort we give is the result we get. Good reminder for day-to-day practices, practices at home, or in games.

Advance Hitting Manual

Ages: 12 - 18 yrs. old

Best for:

- Hitters who have developed strong fundamental skills and mechanics
 - Hitters advanced in their understanding for swing mechanics
 - Hitters ready for the next step and a more challenging approach
 - Hitters who can understand swing errors and how to adjust

Lower Half Focus Advance

Week 1

Drill	How	Equipment	Main Concept	Cue
PVC Coil + Mirror Coil to Stride	Hold PVC by back foot like you would a bat. Lift front leg and sit in the back hip. Watch in mirror to see Coil and Stride. Land in a position to do damage.	PVC & Mirrors	Strong Foundation	Back Pocket to Pitcher, Belt Buckle to Catcher
Yoga Block Tips + Scap Loading	Front foot on yoga block, slowly tip block and land in stride. Reset if landing not in 50/50. Scap Loading Drill Video	Yoga Block, SB's, Tee, Band	Lower Half Sequencing	Slow and controlled, Land in release/launch position
Med Ball Throws + Stride Position Swings	Hold med ball by back shoulder, load, stride throw. Start in stride, and swing from there. Controlled first move is key.	Med Ball & Tee & SB's	Deceleration	Keep Nose behind Knee & Stay Stacked
Flamingo Drill + SL rotational Jumps	Standing on back leg, coil hip/load hip towards catcher. Then get to stride with a controlled forward move. SL Rotational Jumps Video	Tee, SB	Staying Center	Control and land centered
Side Toss Full Swings- progression get to stride then toss	Hitters will get to stride position and then swing full. Goal is to have them generate and initiate speed in their swing from the lower half.	SB's, Bucket,	Application	Turn Behind the PVC Pipe

Coaching Emphasis

- Challenge these hitters to really feel the lower half engage. They will be a different developmental stage so they should have more body awareness.

Week 2

Drill	How	Equipment	Main Concept	Cue
Mirror Separation and Mirror Load w/bat	With Bat in hands face the mirror as if it's the pitcher. Hitter will work through their load, stride and then add separation. Separation we are looking for the shoulders to stay back and chest still facing the plate. Hips should have rotated slightly but not completely open. Make sure the hitters are also doing their scap load.	PVC & Mirrors	Strong Foundation	Back Pocket to Pitcher, Belt Buckle to Catcher
Band Flamingo Drill	Band on waist pulling athlete back into coil. Front leg up, coil, stride, then swing. Practice swings after stride. Feel drill, do not hit real balls this is just to help feel load.	Band, Bat	Lower Half Sequencing + Power	Slow and controlled, Land in release/launch position
Block Swings	Front foot stays on yoga block or slant board during swing. No stride needed, start in stride. Goal is to stay stacked.	Block, SB's, Tee	Deceleration	Keep Nose behind Knee & Stay Stacked
Flamingo Drill on tee	Same as week 1	Tee, SB	Staying Center	Control and land centered
Flamingo Drill w/ Partner Side toss	Start in flamingo position and have the side tosser toss the ball. The hitter must control their forward movement but also who their lower half to start and stay in their swing.	SB's. Bat	Lower Half Sequencing	Slow and controlled, Land in release/launch position

Coaching Emphasis

- Side toss flamingo drill is a great drill to also work on feeling the back leg pushing and driving at the ball. Make sure your hitters are starting balanced and controlled.

Week 3

Drill	How	Equipment	Main Concept	Cue
Mirror Coil, Stride, Separate w/Bat Check Contact position	Have the hitter now slowly work into contact position and see if the sequencing is happening at the correct time.	Mirrors	Strong Foundation	Back Pocket to Pitcher, Belt Buckle to Catcher
Hip Turn onto Med Ball	Hitter gets set up and a large medicine ball is placed right in front of their back knee. The hitter will start in stride. Cue the hitter to drive their knee towards the ball by using their hips. Once they get into position make sure they are in a good separation position before letting them swing.	Tee & Med Ball	Lower Half Sequencing	Slow and controlled, Land in release/launch position
Hip Behind Tee	One tee will be set up by the plate. Additional tee will be set up slightly in front of their front leg after stride, behind their front hit. The goal is to make sure the front hip isn't drifting into the tee; we are staying behind the ball and behind the tee.	Tee x 2 , SB's	Deceleration	Keep Nose behind Knee & Stay Stacked
Grounded Swings with Half bat	Hitter gets to stride; feet will stay plated for this drill. Hitter will choke up with their bat and make it half the size. Hips will rotate but we should not see the back foot spinning. This will be done from side toss.	Tennis Balls, Half Bat,	Staying Center	Control and land centered
Partner Side Toss Grounded Swings	Same as previous drill, now we progress into normal size bat and side toss.	SB, bucket	Control Stride/Stay Center	Come down firm but soft. Turn your hips to bring the hands through

Upper Half Advance

Week 1

Drill	How	Equipment	Main Concept	Cue
Mirror Swings to Contact + Paloff Press	Have athletes work Infront of the mirror to see proper sequencing as we add the upper half. Video for Pallof Press	Mirror, Bands, Bat	Sequencing of Upper half & Core	Forearm parallel, barrel parallel, and hip stable
Replace Elbow w/ Knob	Tee will be set up right under the front elbow in the hitters start position. Then have the hitter load, stride and turn the shoulders taking the knob to the tennis ball on the tee. The barrel should remain tight to the body and not flare out. Back Forearm should be parallel with back leg	Tee, Tennis Balls	Connection/start of swing	Use core and shoulders to move the barrel
Connection Ball	Ball of any size works preferably a soft material. Ball will go on back shoulder and bat will rest on ball. Hitters will full swing and we are looking for ball the fall out towards the front outside corner of the plate to help indicate if hands are staying in long enough	Connection Ball, Tee, SB	Tight turn , barrel path	Ball falling out at a 45-degree angle towards outside corner or at plate
Top hand Tee grabs - > Mini Bat Swings	Tee will be placed slightly behind front foot close to the body. No bat is needed. Have hitters get in hitting stance, have them place the front arm over the ball on the tee, as if its hovering. The goal is to keep the hand there as they “swing” with their top hand to grab the ball on the tee. Progress to single hand swing with bat, choke up and try to replicate same movement.	Tennis balls, tee, bat	Top Hand Iso, the driver	Forearm parallel on turn before extension
Bottom Hand Throws -> Swings	Hitter will grab a tennis ball with only their bottom hand and get into hitter stance. They will make a box with their front arm and body. The Hand will rest next to the shoulder. The goal is the get the hitter to throw the ball straight towards a target and maintaining good spacing. Progress to single hand swing with bat, choke up and try to replicate same movement.	Tennis Balls, tee, bat	Staying inside the ball and direction	Relace the elbow and release

Week 2

Drill	How	Equipment	Main Concept	Cue
Mirror + Contact Position	Same as week 1	Mirror & Bat	Sequencing of Upper half & Barrel Path	Forearm parallel to back leg, barrel and shoulders match
Replace Elbow w/ Knob	Same as week one but not add additional tee out front of the plate. The batter will still knock the tennis ball off the first tee and then swing from that position for the ball on the front tee.	Tee, Tennis Balls	Connection/start of swing	Use core and shoulders to move the barrel
Connection Ball Side Toss	Same as week 1 now from side toss.	Connection Ball, SB	Tight turn , barrel path	Ball falling out at a 45-degree angle towards outside corner or at plate
Top and Bottom Hand Catches	One partner will be a pitcher and the other will be in the batter's box. Starting with the top hand only, the pitcher will throw a tennis ball and the hitter needs to catch the ball at the correct contact position. You will repeat this from the bottom hand as well.	Tennis Balls,	Timing and Hand eye coordination	Forearm parallel on turn , meet the ball out front
2 Tee Barrel path	One tee will be out front simulating a down the middle pitch with a ball on it. A second tee will be directly behind it slightly lower with a ball on it. The hitter will need to control their barrel and not hit the back tee, only the front tee with a ball on it.	2 Tees, SB	Barrel path	We want the barrel to stay on plane of ball

Coaching Emphasis

- If at any time you notice your hitters swing getting long don't be afraid to use the connection ball with multiple drills to help the hitter feel their hands stay in longer.

Week 3

Drill	How	Equipment	Main Concept	Cue
Wall Swings + Core Work	Wall swings can be done anywhere. Have athletes stand 12 inches from a stationary object. Have them work on load, stride, and shoulder turn. The wall barrier is there to remind them that the barrel needs to stay back when we turn. But also expose them if they are opening too soon. Back of manual will have core work exercises	Wall & Med Ball	Sequencing of Upper half & Barrel Path	Keep the hands tight without pushing.
Chuck It Toy!	Dog toy will be needed. The goal with the chuck it is for the hitter to keep their hands in long enough to see the ball fly straight. If they cast ball will release too soon. If they flare open too soon the ball will release late.	Chuck It, Tennis Balls	Connection/barrel release	Let the body accelerate the hands
Kneeling Insider Bat SA-Bottom Hand & Top	Kneeling on back leg to work on staying stacked. The hitter will use a insider bat or mini bat. The main focus here is to isolate the upper half to get the hitter to feel what each hand should be doing in their swing. Make sure they only go to extension.	Insider Bat, Wiffle Balls, Tee	Hands staying inside ball and Single Hand ISO	Use the back shoulder and core to accelerate the lead arm
Split Grip w/Ball Hug	Holding the bat with hands about 1 inch apart have the hitter get into hitter stance. You can use a medium size beach ball or a connection ball for this. The hitter will hug the ball in their front arm. This will help the hitter maintain spacing and keep them from wanting to pull across their body.	Tee, SB	Arm Spacing and Barrel Path	Hands should work together and keep good space
Connection Ball front Toss	Same as week 2 but now we add a moving ball component.	Connection Ball, SB, Screen	Tight turn, barrel path	Ball falling out at a 45 degree angle towards outside corner or at plate

Power/Bat Speed Advance

Week 1

Drill	How	Equipment	Main Concept	Cue
Core Work	See Back of Manual for Exercise options	Wall & Med Ball	Power	No cue, this is for developing Strength
Tennis Racquet Swings	Side toss with tennis racquet. Goal here is swing only to contact and work on keeping hands palm up and palm down. Start hitter in stride to work on training hip drive and being quick to the ball.	Tennis Racquet & Tennis Balls	Hand/Bat Speed	Let the body accelerate the hands
Soccer Ball Side Toss	Slightly deflated soccer balls work great. Side toss soccer balls and work from a stride position again to work developing faster swing and hand speed.	Soccer Balls	Power	Super your legs to power through the ball
Mini Balls & PVC Pipe Bat or Skinny Bat	Side toss working from stride and being explosive. By using the a skinny bat or under loaded bat we want the hitter to be able to swing fast with control.	Mini Balls & Softballs	Bat Speed	Get the barrel on the middle of the ball
Front Toss – From Stride w/resistance	Front toss with hitter already in stride to help them generate fast hip turn and bat speed. Place a band around hips pulling the hitter backwards towards the catcher.	SB	Bat Speed	Short and Quick to the ball

Coaching Emphasis

- Resisted swings are a great way to challenge the hitter. Make sure they don't exceed 8 swings in a round of resisted swings.

Week 2

Drill	How	Equipment	Main Concept	Cue
Core Work	See back of manual for exercise options.	Wall & Med Ball	Power	No cue, this is for developing Strength
Cam Wood Bat Swings	A Cam wood bat is not needed. Something that is shorter in length and heavier than their normal bat will work. A slightly heavy bat to help work on still producing a strong swing with good mechanics. If bat is too heavy, try a lighter one. This drill will be done from side toss.	Cam Wood Mini Bat & Tennis Balls	Hand/Bat Speed	Let the body accelerate the hands
Weighted Ball Side Toss	Weighted balls of various weights work for this. Working on being strong through contact and using the legs to produce the power in the swing.	Weighted Balls	Power	Super your legs to power through the ball
Mini Balls & PVC Bat	Same as week 1	Mini Balls & Softballs	Bat Speed	Get the barrel on the middle of the ball
Front Toss-Front side Pull	Front toss with hitter already in stride to help them generate fast hip turn and bat speed. Place a band around only the back hip pulling the hitter forwards towards the pitcher.	SB	Bat Speed	Short and Quick to the ball

Coaching Emphasis

- Front side pull drill is to help the hitter feel the back hip fully engaging and getting into the ball. The hitter will still need to control their core and forward movement.

Week 3

Drill	How	Equipment	Main Concept	Cue
Core Work	See back of manual	Wall & Med Ball	Power	No cue, this is for developing Strength
Cam Wood Bat Swings to Regular Bat Swings	Same as week 2 but after the 6 swing with mini bat, go to 6 swings with regular bat.	Cam Wood Mini Bat & Tennis Balls	Hand/Bat Speed	Let the body accelerate the hands
Weighted Ball Side Toss to regular balls	Same as week 2 but after 6 swings the hitter will hit 6 regular balls.	Weighted Balls	Power	Super your legs to power through the ball
Mini Balls & PVC pipe	Same as week 2	Mini Balls & Softballs	Bat Speed	Get the barrel on the middle of the ball
Front Toss-Rapid Fire	Hitters will only get three pitches in a row. The front tosser will toss three balls back-to-back in a quick pattern, Hitter will have to start in stride and be short and quick to the ball and only swinging to extension or contact so they can reset faster. On the 3 rd swing hitters can full swing.	SB	Bat Speed	Short and Quick to the ball

Coaching Emphasis

- Overload to under load swings are great to get hitters to go all out on swings but again keep the reps smaller when overloading the swing. Reps between 6-8 are enough to fatigue the system. Make sure plenty of rest is given between sets or rounds of swings.

Timing & Pitch Selection Advance

Week 1

Drill	How	Equipment	Main Concept	Cue
Timing Drill/ Vision Training	Place a ball on a tee as a down the middle pitch. Hitters will not need a bat. They will get in a hitting stance and a tosser out in front will pitch tennis balls towards the tee. The goal if for the hitter to verbally say YES or NO if the ball being thrown is going to hit the ball on the tee. If they say yes, they should do a fake swing. If they say no, they should be in a take position.	Tennis Balls	Timing and seeing the ball	Are we early enough to read the number
Outside Tee	Make sure tee is set up slightly behind the front foot AFTER stride. Have them work to extension. Have the hitters adjust up and down and different locations on the outside corner.	Tee & SB	Pitch Location Work	Body makes adjustments. Let is give direction tot RF
Outside Side Toss	Working off toss from slightly behind the hitter toward the outside corner.	SB	Pitch Location Work	Body makes adjustments. Let is give direction tot RF
Takes for Timing -> Swing	This ideally should be done with front toss. Throw the hitter 5 balls and have them work on timing and their takes. Reiterate the importance of a good take position. After 5 balls let them swing at 5 pitches. Repeat 2 times per hitter	SB	Timing and takes	Body position on takes - be on time
Front Toss-Angled for outside Pitches	Set up front toss screen so you are angled and the screen in on the inside portion of the plate. When tossing you'll be toss across the plate towards the outside corner forcing the hitter to wait and drive the outside pitch. Hitter will still set up in a normal position as if the pitcher is straight ahead but the ball will travel on a different angle. .	SB	Pitch Location work	Short and Quick to the ball

Week 2

Drill	How	Equipment	Main Concept	Cue
Timing Drill/ Vision Training	Same as week 1	Tennis Balls	Timing and seeing the ball	Are we early enough to read the number
Inside Tee	Make sure tee is set up IN FRONT of the front foot AFTER stride. Have them work to extension. Have the hitters work on adjusting the tee up and down to different pitch locations on the inner half of the plate.	Tee & SB	Pitch Location Work	Body makes adjustments. Let is give direction tot RF
Inside Side Toss	Working to toss out front of the hitter slightly and tossing towards the front hip.	SB	Pitch Location Work	Body makes adjustments. Let is give direction tot RF
Number Ball Vision Training	Numbered tennis balls and side toss. Toss a numbered tennis ball and have the hitter say the number as they swing. This is great for kids who pull their head.	Tennis Balls	Timing and Tracking	See the ball early and long
Front Toss – Angled for inside	Same as Week 1 but the tossers will aim for the from corner of the plate. The hitter will need to keep hands inside the ball and drive it up the middle or towards left center or right center. Ideally for inside pitches we don't want to be pulling them foul. We want to have good direction in our swing.	SB	Pitch Location work	Short and Quick to the ball

Week 3

Drill	How	Equipment	Main Concept	Cue
Timing Drill/ Vision Training	Same as week 1 and 2	Tennis Balls	Timing and seeing the ball	Are we early enough to read the number
Two Tee (high inside & low outside)	Place one tee on the low outside corner. Place a second tee on the high inside corner. Have hitter get ready, coach or teammate will tell the hitter which ball to hit. Working on quick adjustments and goal is not to hit the ball on the opposite tee.	Tee x 2 & SB	Pitch Location Work	Can we make swing adjustments quickly and effectively
Tennis Ball Bounce Drill	Front tosser will bounce a tennis ball to simulate a changeup. The hitter must adjust and stay back before swinging.	Tennis Balls	How to bunt	Catch the ball with the bat. Barrel at the top of the zone.
Number Ball Vision Training	Same as week 2	Tennis Balls	Timing and Tracking	See the ball early and long
Front Toss-Say where it was	Tosser will work on pitches all over the plate. Cones, colored balls, or something as a visual can be used to indicate inside, outside, middle. The hitter will have to call out after their swing where the pitch was located.	SB	Tracking and pitch selection	Know what pitches we WANT. Be first strike ready!

Coaching Emphasis

- When working on change ups, be sure to reiterate that the lower half might be go early but hitters must control the hands.
- Vision training can be great for hitters who pull their head. Challenge them to track the ball all the way back into the catches glove so they feel confident with their swing decisions.

Competing & Mental Approach Advance

Week 1

Drill	How	Equipment	Main Concept	Cue
Bunting Competition	Partner up and work as a team to get points. Every Bunt in the hoola hoop is 5 points 10 attempts per kid	Hoola Hoop & Softballs	Bunting confidence and competence.	Try to catch the ball with your bat. Barrel head facing up. Barrel needs to cover the plate.
Pitch Selection Competition	Partner will toss tennis balls out front, other partner will be in the batter's box. The batter will have to say if it was a ball or strike. Strikes they need to do a fake swing through. Balls they need to take. For everyone they get correct they get 2 points. 10 total attempts per kid	Tennis balls	Pitch Location Work	Keep head and eyes on the ball.
Exit Velocity Competition	One hitter will swing off the tee while the other runs the pocket radar. Each hitter gets 10 swings each. Points for exit velocity are: 0-39mph: 3 points 40-59mph: 5 points 60mph+: 7 points	Tee, SB, Pocket Radar	Power	Swing controlled at 100%
Line Drive Contest	This can be done from a tee or with side toss. Hitter gets 10 swings. Line drives are worth 5 points.	Tee & SB	Swing Mechanics	Cut the ball in half.
Front Toss-Hit it where its pitched	Hitter will get 8 inside pitches and 8 outside pitches. For every HARD hit ball/line drive they will get 5 points. The ball has to be hit in the correct direction based on where the ball is pitched. Outside- RF (LF for lefty) and Inside-LF (RF for lefty)	SB	Quality at bats & Mental Training	Good pitches get good swings and let the bad ones go by.

Week 2

Drill	How	Equipment	Main Concept	Cue
BLAST Sensor Bat Speed Competition	Each hitter will get 10 swings with the BLAST Sensor. The metric we are looking at measuring is the bat speed & hand speed.	BLAST & Tee and SB	Upper Half Mechanics and Bat Speed	Swing with full effort and make sure that the BLAST settings are for the correct age group.
Pitch Selection Competition	Partner will toss tennis balls out front, other partner will be in the batter's box. The batter will have to say if it was a ball or strike. Strikes they need to do a fake swing through. Balls they need to take. For everyone they get correct they get 2 points. 10 total attempts per kid	Tennis balls	Pitch Location Work	Keep head and eyes on the ball.
Exit Velocity Competition	One hitter will swing off the tee while the other runs the pocket radar. Each hitter gets 10 swings each. Points for exit velocity are: 0-39mph: 3 points 40-59mph: 5 points 60mph+: 7 points	Tee, SB, Pocket Radar	Power	Swing controlled at 100%
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Coaching Emphasis

- BLAST can be a fun way to look at more of a hitters swing and understand other metrics that make up a hitter unique swing. Having a better understanding of what these metrics mean can be useful for also programming the next training phase.

Week 3

Drill	How	Equipment	Main Concept	Cue
BLAST Sensor Bat Speed Competition	Each hitter will get 10 swings with the BLAST Sensor. The metric we are looking at measuring is the bat speed & hand speed.	BLAST & Tee and SB	Upper Half Mechanics and Bat Speed	Swing with full effort and make sure that the BLAST settings are for the correct age group.
Pitch Selection Competition	Partner will toss tennis balls out front, other partner will be in the batter's box. The batter will have to say if it was a ball or strike. Strikes they need to do a fake swing through. Balls they need to take. For everyone they get correct they get 2 points. 10 total attempts per kid	Tennis balls	Pitch Location Work	Keep head and eyes on the ball.
Exit Velocity Competition	One hitter will swing off the tee while the other runs the pocket radar. Each hitter gets 10 swings each. Points for exit velocity are: 0-39mph: 3 points 40-59mph: 5 points 60mph+: 7 points	Tee, SB, Pocket Radar	Power	Swing controlled at 100%
Line Drive Contest	This can be done from a tee or with side toss. Hitter gets 10 swings. Line drives are worth 5 points.	Tee & SB	Swing Mechanics	Cut the ball in half.
Front Toss-PIG	Just like you play PIG in basketball this will be played the same way in hitting. A hitter who leads will choose a location of where they will hit the ball. If they succeed all the others in the group must do the same. If the lead hitter misses the next person takes lead.	SB	Quality Swings with Purpose	Think about pitch selection and how it can play a role in this.

All Wrapped Up Coaching Emphasis

- Overall, the goal of this programming is to phase your hitters into being ready for in season play.
- For all of the drills programmed, feel free to implement a pitching machine into the programming to get more reps off of real like pitching.
- BLAST is not a must have item for this program, but it can be a huge helpful tool in getting a better understanding for your hitters.
- With your advance hitters putting pressure on them that replicates game like feelings it can be helpful for getting hitters ready for in season play.
- Talking about plate approach and how we get ready on deck will be a great thing to also work on the last 6 to 9 weeks so hitters can start practicing that while they are waiting for reps.

Resources

Core Exercises

Med Ball Kneeling Throw 2 x 6 e/side

- [Video](#)

Lunge and Slam Med Ball Throw 2 x 8

- [Video](#)

Partner Russian Twist 3 x 4 e/side

- [Video](#)

Med Ball Sit to explode 2 x 5

- [Video](#)

Partner Paloff Press 2 x 10 e/side

- [Video](#)

Kneeling Chop throw 2 x 5 e/side

- [Video](#)

Partner Toss Med Ball sit Up 2 x 8

- [Video](#)

Med Ball Deceleration 2 x 8 e/side

- [Video](#)

Shuffle To Med Ball Throw 2 x 6 e/side

- [Video](#)

T-Spine Opener 2 x 8 e/side

- [Video](#)

Single Leg Glute Bridge 2 x 12 e/leg

- [Video](#)

For Beginner hitters choose 2 to 3 exercises

For Intermediate hitters choose 3 to 4 exercises

For Advance hitters choose 4 to 5 exercises

GRIT SPORTS

Questions and Equipment

If you have more questions about the hitters guide, please reach out to author Angie McBeain, Owner of GRIT Sports. Angie can answer any questions about drills, programming, and progressions about your PWYSA hitters.

Equipment Needed

Insider Bat

Link: <https://www.insiderbat.com>

Cam Wood Bat

Link: <https://a.co/d/gV1l5Mb>

Yoga Block

Link: <https://a.co/d/5eXUSbW>

Slant Board

Link: <https://a.co/d/3CC2x8F>

Connection Ball

Link: <https://a.co/d/5EJdkxS>

Skinny Bat

Link: <https://a.co/d/93MeEfu>

Chuck it Toy

Link: <https://a.co/d/cvCwSi2>

Mini Balls

Link: <https://a.co/d/hqb8Pzf>

Med Ball

Link: <https://a.co/d/iAyzBFB>

Tennis Racquet- any type works

Weighted Balls – any brand works

Soccer Balls – any kind works