



## Drills: Mass Bats

### Goal:

To teach basic hitting technique

### Description:

Players stand 8 to 10 feet apart in three lines facing you. Players assume batting stances. Instruct players on proper technique—flexion of knees, position of feet, how to hold the bat and so on. On your command, players execute various stages of the hitting process: balanced stance, load, stride, trigger and swing. Circulate and watch hitters as you call commands so that you can point out errors and help correct swing faults.

A variation of this drill, Mass Bunt, can be used to teach bunting skills.

