

BASEBALL POSITIVE

ON-LOCATION INSTRUCTION FOR LEAGUES, TEAMS AND INDIVIDUALS GAMES CAMPS - INSTRUCTIONAL LEAGUES - YOUTH COACH DEVELOPMENT

BATTING DRILLS & EXERCISES

Lower Half

- Load & Turn, w/hands on hips* – Turn as quickly as possible; 100% - “Head stays on place; feet stay in place” / “Balance”
- Load; Turn Lower Half Only. Start in batting stance (with or w/o bat). Hands stay back and remain in loaded position near shoulder/ear

Lead Hand

- Pull to Midline of Torso - “Half Way” (no hip turn) – shoulders remain still / ‘knob to the ball’, but action stops at midline of torso
 - with resistance; coach’s hand against lead elbow providing light resistance
 - w/o resistance - Remember: the batter’s hands work independently of the shoulders!

Top Hand

- Skipping Stone / Sideways Karate Chop*...w/hip turn ---- skip/chop added to Load & Turn described above
- Wrist Extension w/Resistance; contact point through extension* – coach places one hand on player’s lead hand to reinforce the fact that the lead hand is finished contributing to the swing; coach’s other hand provides light resistance at the sweet spot of the bat

Swing

- Hand Clap at Contact*...top hand ‘straight line’ to full extension ---- progression from skip/chop drill described above
- Basketball/Soccer Ball Toss* – similar to hand clap drill, but extension involves throwing the ball. Hips generate the vast majority of the energy that moves the ball; energy is transferred to top hand at ‘contact point’; top hand continues in ‘straight line’ to full extension
- Bat Acceleration at Contact Point – using regular stance and swing action: 75% effort to contact point; 100% effort when accelerating top hand & bat through contact zone – “Half Way; All the Way”
- Pre-Rotate Hips – complete the swing using hands only* – “Half Way; All the Way”
- Swing at Air* / Tee Work* / Side Toss* - work at two levels: 1) Bottom of Hitter’s Zone ~mid thigh 2) Top of Hitter’s Zone ~navel

* These drills can be modified by focusing on contact point for outside and inside pitches.



Henry Blanco

- Lead hand’s work ends at mid-point / lead arm remains flexed
- Position of strength
- ‘Level’ swing DOWN to contact



Ichiro

- Lead hand’s work ends at mid-point / lead arm remains flexed
- Position of strength (skipping stone / side karate chop)
- Body centered between legs/feet



Ian Kinsler

- Lead hand at center of body – head & torso centered between feet
- Top hand has accelerated past lead hand which remains at midpoint of torso
- Top ‘straight’ through contact – bat continues on ‘level’ plane UP through extension



Travis Hafner

- Lead hand at center of body – head & torso centered between feet
- Top hand has accelerated past lead hand which remains at midpoint of torso
- Top ‘straight’ through contact – bat continues on ‘level’ plane UP through extension