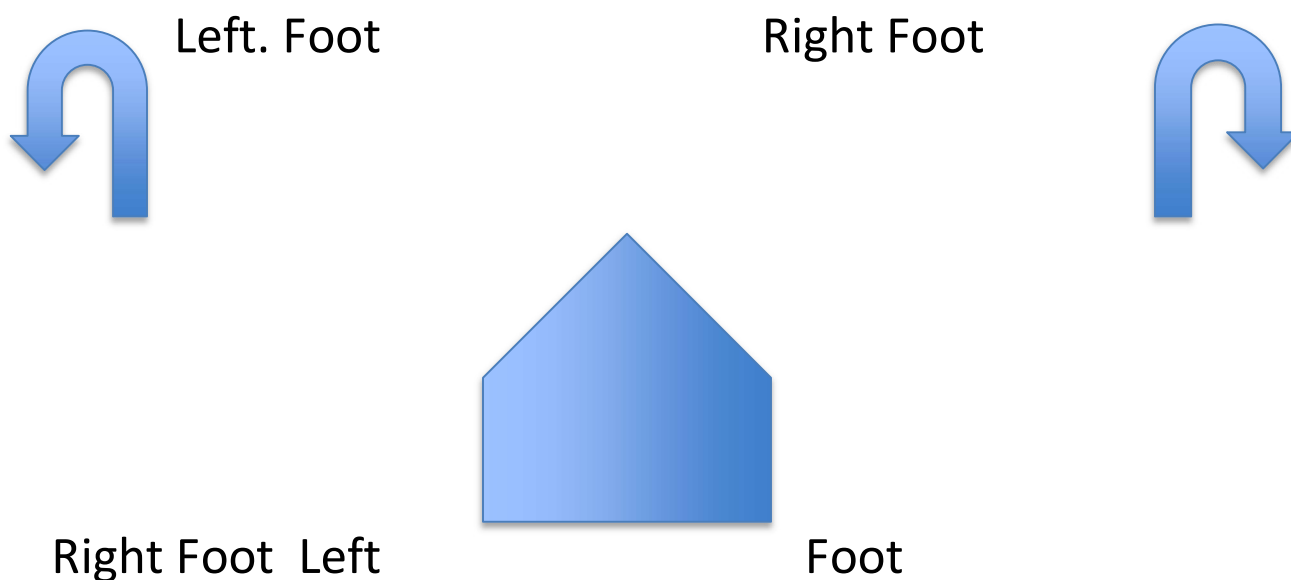


STEP BEHIND TEE **"HAPPY GILMORE"**

Type	Sets	Quality Reps
Big Ball Middle	1	5
Big Ball Inside	1	5
Big Ball Outside	1	5



*Set Softly-toe to heel

*Swing

*Stay behind ball!

Why?

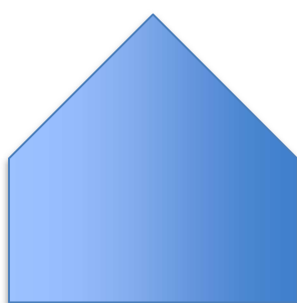
- Enhance rhythm
- Enhance weight transfer
- Engage firm front side

1-KNEE TEE DRILL - EXT HOLDS

Type	Sets	Quality Reps
Lead Arm	1	5
Top Hand	1	5
Both Hands	1	5

Left Knee

Right Knee



Right Foot

Left Foot

*Lead Arm (palm down)

*Top Hand (palm up)

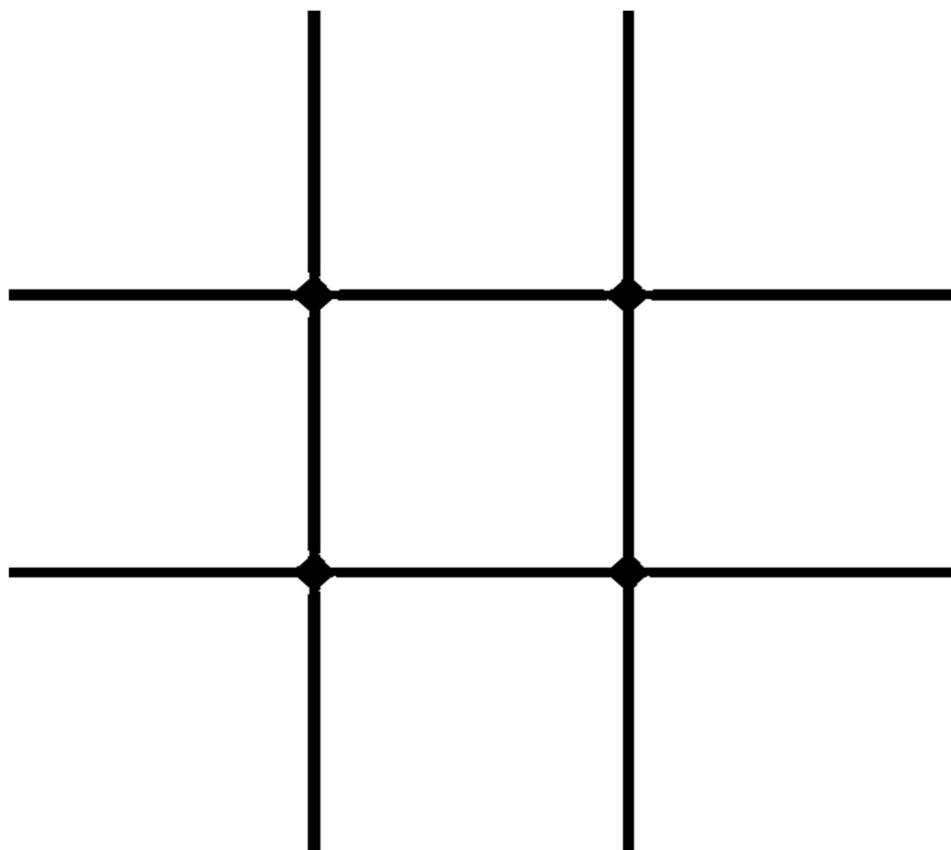
*Both Hands (palm up/palm down)

Why?

- Bat Control
- Train palm up/palm down
- Enhance swinging through contact
- Reduce rollover

HITTING ZONES - TEE

Type	Sets	Quality Reps
In: up/down	1	5 each
Out: up/down	1	5 each
Changeup	1	5



- *Track to the ball
- *Focus on spot on ball
- *Swing

Why?

- Tracking & points of contact

1-KNEE THUNDER STICK

Type	Sets	Quality Reps
Extension Hold	1	10
Toss from behind	1	10

- *Stand for toss from behind
- *Use small whiffle balls
- *Switch after each set
- *Partners will toss to each other
- *Palm up/palm down on contact & ext. hold

Why?

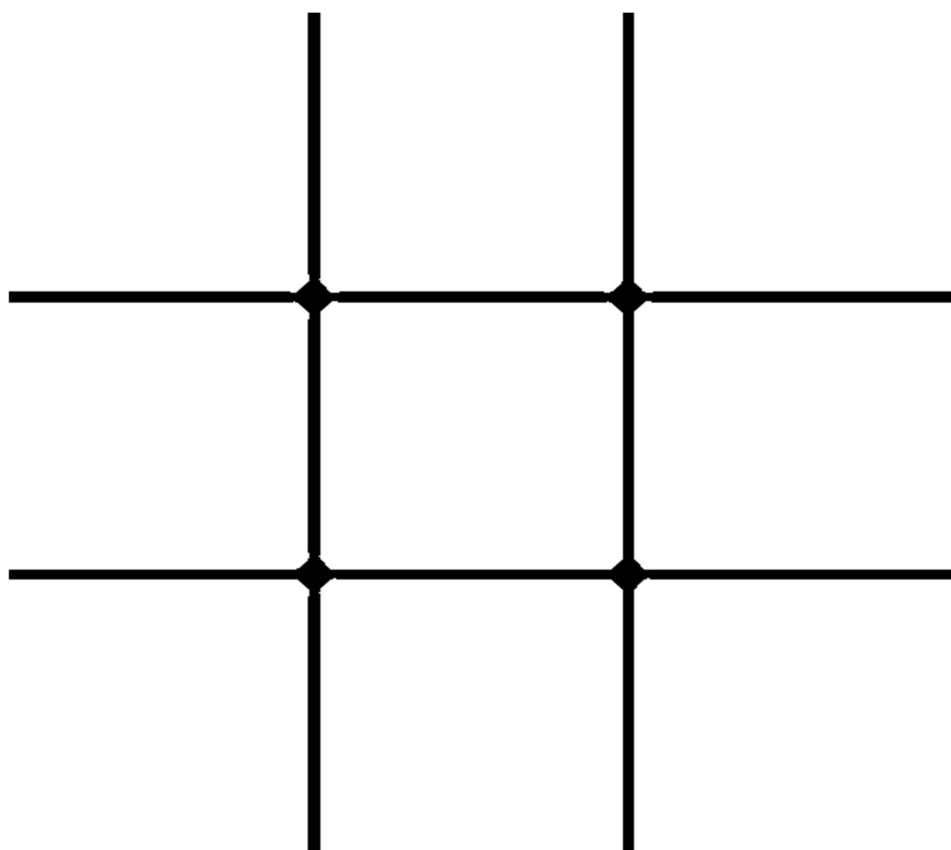
- Vision training-Focus on what you hit!
- Enhance swinging through contact point
- Head Control

LONG TEE - CAGE

Type	Sets	Quality Reps
Middle up/down	1	5 each
Inside up/down	1	5 each
Outside up/down	1	5 each

*Switch after each set

*Drive ball to back of net



Why?

- Train to hit contact points
- Influence hitting through ball
- Immediate feedback

FRONT TOSS - CAGE

Type	Sets	Quality Reps
Distance Changes	2	6
Up/Down	1	6
In/Out	1	6

Why?

- Timing
- Rhythm & Transfer
- Contact point hitting

HEAVY BAG

Type	Sets	Quality Reps
Check Swing	1	10
Contact Points Inside/Out	1 each	5 each
Speed Hit	1	5

Check Swing

- * From hitting stance grab heavy bag with both hands.
- * Load, Set & Trigger; set-foot heel down, back-foot heel up.
- * Hands Stay Back

Contact Points

- *Place heavy bag in correct inside/outside location
- *Hit the bag to contact point
- *Snap the bag! Palm up/palm down

Speed Hit

- *Same as contact points
- *5 fast consecutive hits
- * Check for palm up/palm down on contact

Why?

- Improve weight transfer initiation
- Develop strong wrists

LONG STICK SWING - EXT HOLDS

Technique	Sets	Quality Reps
Seated	1	10
Standing	1	10

*Partner soft tosses

*Focus on getting stick to ball

Seated

*Sit on bucket

*Keep feet on ground

*Isolate hands (let your hands work)

*Work Your Slot!

Standing

*Focus on contact

*Swing fast!

*Palm up/Palm down to extension

Why?

- Works on hand and eye coordination
- Get hands in slot—Keep in slot!
- Improve Bat Speed

BOSU HIT

Technique	Sets	Quality Reps
Tee	1	5
Soft Toss	1	5

*Step/Stride onto front side of BOSU w/ front foot

*Set-foot will be angled

*Trigger & strike the ball

*Try to finish through, BOSU limits hip rotation

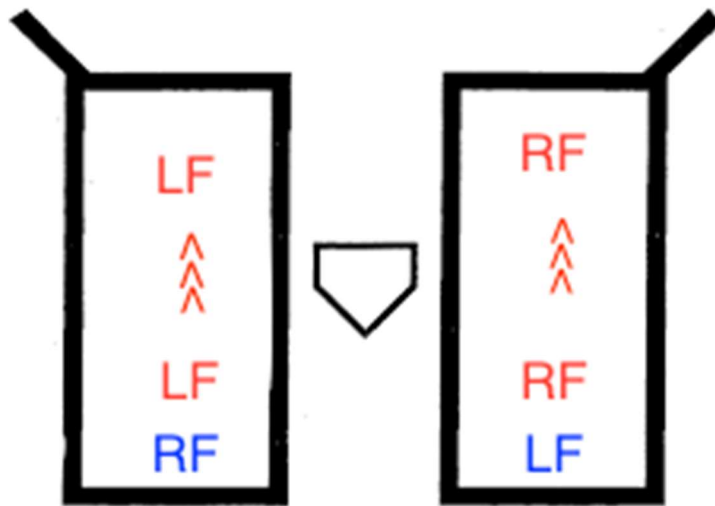
Why?

- Boost Bat Whip
- Enhance Weight Transfer
- Provides feedback on staying behind the hit
- Improve balance

BABE RUTH

Technique	Set	Quality Reps
Tee	1	5
Front Toss	1	5

- *Feet close together in batting stance
- *Knees slightly bent
- *Stride towards contact point (ball)
- *Keep hands back
- *Strike the ball!



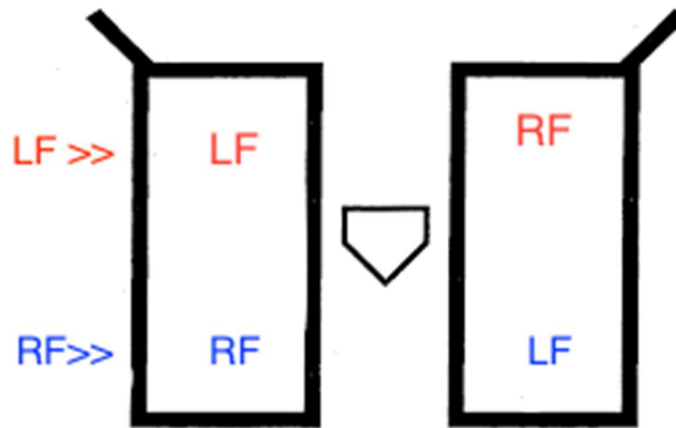
Why?

- Develop Rhythm & Weight Transfer
- Improve Timing Skill

STEP IN DRILL

Technique	Set	Reps
Tee	1	5
Soft Toss	1	5

- *Start outside the hitting area
- *Step in with back-foot first
- *Front-foot next
- *Trigger
- *Strike the ball!



Why?

- Develop Rhythm & Weight Transfer
- Improve Timing Skill

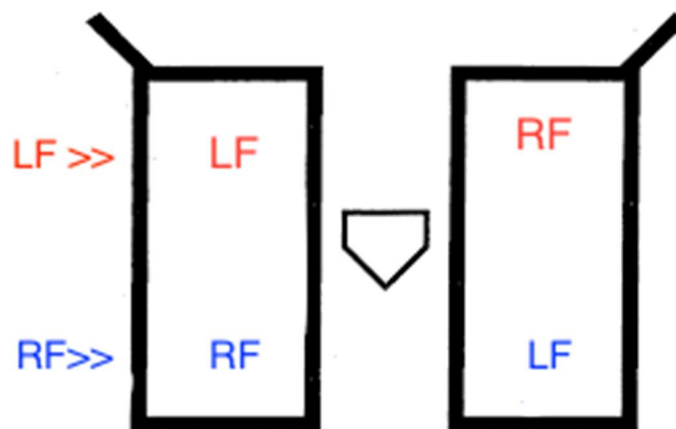
KNOW THE ZONE

- Front Toss
- 2 Tees & extra home plate needed
- Setup tees & home plate midway to home
- Vary distances

Tosser



T1 T2



Why?

- Familiarize player with horizontal strike zone
- Enhance tracking
- Track, track, track!