



## Dry Hitting Drills

### Name of Drill

1. Warm-up

### Primary Focus of Drill

--Loosen up major hitting muscles

### Drill Notes

A good two-minute warm-up should be made-- even after a total body warm-up with stretching and running having been done. Players can begin by swinging the bat around the head area and then in big circles around the side of the body. Warming up the hip area also is very important. The player should finish by taking 10-15 easy practice swings.

### Hitting Keys

Warming Up

2. Arm length netting drill --Emphasizes keeping the hands in Close to the body on the swing

This drill is very effective in eliminating the arm-barring, looping swing. Stressing the hands-in, compact swing will help hitters control the plate coverage, especially the inside one-third of the plate. The hitter should stand erect and extend his arm outward toward a batting net or chain-link fence. His batting stance should be arms length from the netting. The hitter swings the bat, concentrating on keeping the hands in. when keeping the hands in, the hitter will not make contact with the netting.

- A. Keep the hands in. Don't loop the arms out.
- B. Swing easy and smooth to start.
- C. Don't be afraid to hit the net slightly
- D. Don't transfer your weight back on your heels to over-compensate for trying to hit the netting

3. Quick stride on the toe --Emphasizes keeping the weight back

This is another simple, but worthy, drill to stress the importance of keeping the weight back. When a hitter loses his weight from the back side to the front, he loses practically his entire hitting power. With or without a bat, the hitter takes as many 2"-4" strides in 10 seconds. If the hitter touches the ground with much of his foot his weight will transfer forward. Stress striding on the upper foot with pigeon-toed feet.

- A. Stride on the upper foot
- B. Stride short
- C. The knees should be inside the feet.

4. Partner hip explosion	--Emphasizes the use of the hips in swinging	Both the pitcher and the batter generate the majority of their power from the truck area. To throw or hit the ball aggressively, a player needs violent hip action. In this drill the batter begins with his hands on his waist and regular lower body stance, The partner lightly presses his hand against the batter mid-section. With a cadence the batter rotates his hips. When performed correctly the partner's hand should fly off the mid-section. This can be done with or without a stride.	<ul style="list-style-type: none"> <li>A. The batter should simulate the normal lower body stance</li> <li>B. The batter should get some momentum backward (hip trigger) and then explode forward</li> <li>C. A coach can stand in front of the group and point to a direction the ball—and therefore, the hips—should end up.</li> </ul>
5. Bat behind back	--Emphasizes the use of the hips in swinging	This drill is similar to drill #4, but no partner is needed. The batter interlocks his bat and arms behind his back. On a coach's call he strongly rotates his hips to the direction in which the coach is pointing.	Same as drill #4
6. Trigger-stride-swing drill to the ready-swing drill	--Stresses the breakdown of the 3 primary parts of a swing	When hitting in a game, the swing should be a smooth rhythmic motion all put together. Hitters can separate the swing into parts to see exactly what each part does. On a coach's call, a group of players should be in the ready-to-hit position. The coach starts by calling "trigger." The coach then adds the "trigger-stride" call. Finally, the coach calls "trigger-stride-swing." After the swing is broken down it should be put all together. The coach calls "ready-swing" and studies the player's full swing.	<ul style="list-style-type: none"> <li>A. The hips and hands are the focal point of the trigger. The hips should coil backward slightly to "load up" before the swing.</li> <li>B. The hands work together with the stride. As the stride goes forward, the hands go back slightly</li> <li>C. Although there are 3 parts to the swing, they should all work together</li> </ul>
7. Imaginary at-bat	--Emphasizes mental imagery (seeing yourself have success in future games)	Confidence is the name of the game. If a hitter believes he is better than the pitcher he will have a better chance of succeeding. This is another mass quantity drill. A coach can stand in front of the group and talk out a game situation. He calls the score, inning, base runners, count and the name of the pitcher. The coach delivers an imaginary pitch and the group all simulates hitting.	This drill must be taken seriously for it to be effective Average hitters do the little things that develop them into good hitters. Good hitters do the little thing that develop them into great hitters.