



Copyright Notice

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this material, please contact us immediately. Please email support@knowledgespotinc.com to report any illegal distribution.

Copyright 2012 BaseballInnerCircle.com. All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or by information storage and retrieval systems. It is illegal to copy this material and publish it on another web site, news group, forum, etc. even if you include the copyright notice.

Legal Notices

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional.

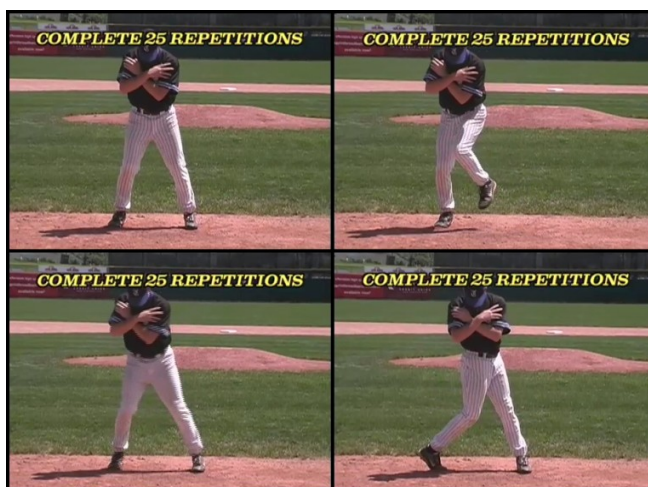
Consult Your Physician

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

The author and publisher of this document and their employers make no warranty of any kind in regard to the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

Welcome to the Top 10 Drills for Hitting. These drills will help you improve your bat speed, bat quickness, perception, power, and the sequence of your swing. These drills will improve your game performance by practicing the techniques and skills that are a part of each drill. All great hitters have three things in common. Good consistent practice habits, a sound swing sequence, and excellent perceptive skills developed in practice.

The following drills are used to develop a rhythmic, sequential swing. That is, the swing begins with the lower body. And upon front foot contact, the back heel aggressively comes off the ground, the hips begin to rotate first, followed by the trunk, shoulders, and finally that power is delivered to the bat. The bat is the last part of the swing sequence. By doing these drills daily, you will be able to develop a rhythmic, sequential swing.

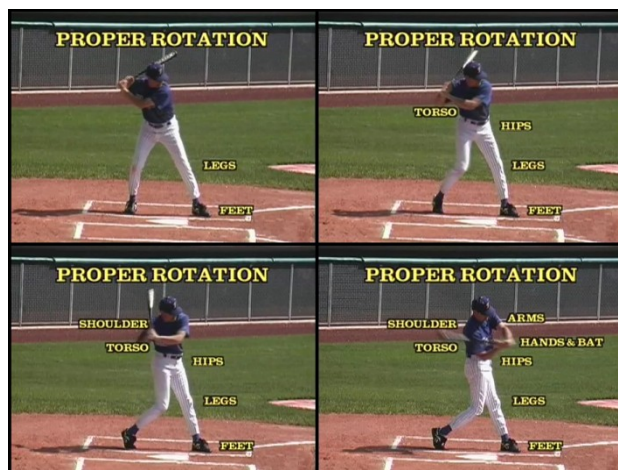


A definite number of repetitions per set will be recommended for each drill throughout this video. A coach would not use all the drills shown in one practice session, but use those drills which assist a player in his swing development.

A player whose swing is out of sequence would not want to move from the dry drills to the front toss drills until he is consistently performing his swing in the proper sequence with the dry drills. Players who have a good

sequential swing would use two to three drills per practice session.

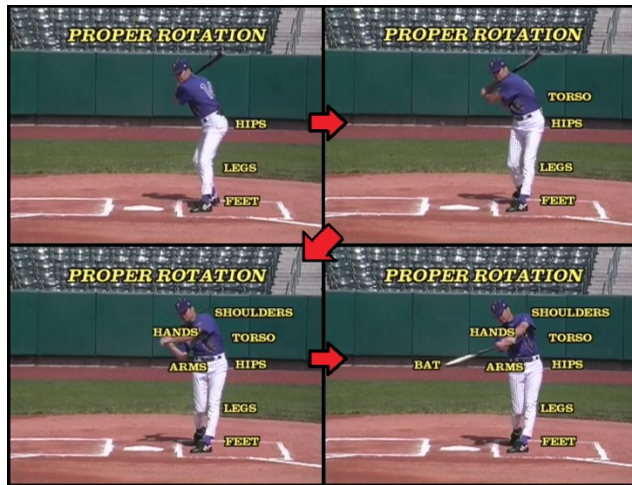
A maximum of 10 repetitions per set should be performed. Too many repetitions per set leads to hitter fatigue. The hitter also has trouble concentrating mentally and his swing does not have the same rhythm and timing or proper sequence. Coaches should monitor the number of repetitions closely. A player could average as many as 75-100 swings per practice session depending upon the individual's strength and mental capabilities.



The dry drill develops dynamic balance and proper body sequence of the swing. By dynamic balance we mean chin staying over the top of the belly button and working from ball of foot to ball of foot.

The proper sequence of the swing is when the front foot makes contact, the back heel aggressively comes off the ground and the hips begin to rotate. The hips must rotate before the shoulders. They are training to

keep their front shoulders closed so that they get the feel of the lower half of the body beginning to rotate first. This is the first drill to develop the proper sequence of body parts in hitting. This can be done individually or as a team drill and 25 repetitions are recommended.

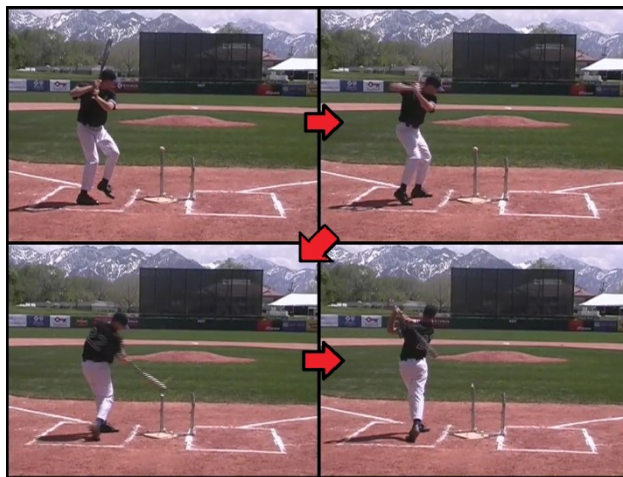


The dry swing drill helps the player to begin to get the feel of his upper body following his lower body in rotation. So the player begins his normal stride, his front foot makes contact, the back heel comes up, the back hip starts to move, and that rotational movement carries over into the trunk up through the shoulders into the arms and into the hands.

His front foot makes contact, back heel comes up, back hip starts to move, and that rotational movement carries over into the trunk up through the shoulders into

the arms and into the hands.

It's very important that the hitter take his time and make sure his swing is in the proper sequence. The dry sequence drill can be done as an individual or it can be done in a team configuration. It is recommended that each individual do 25 repetitions.



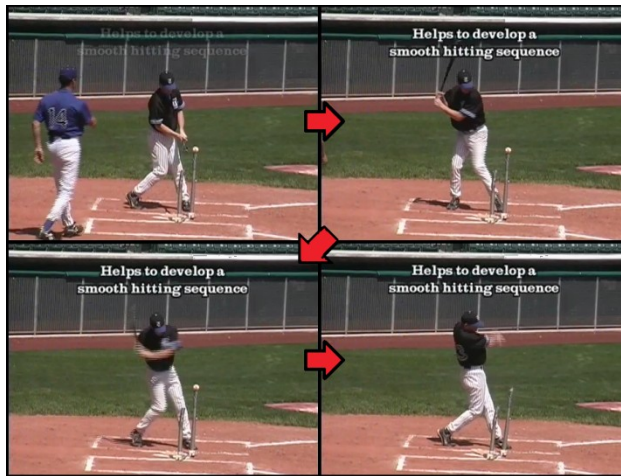
The sequence tee drill is for the player to work on his swing using the proper sequence in hitting a ball off of a tee. It's very difficult for a hitter to get the proper sequence on a swing when he's trying to hit a moving ball if he is just beginning to learn the actual sequence of a swing. It's important to adjust the tee for the hitter so that he is going to have success.

We have this tee set up so that it is on the edge of the plate which, a pitch down the middle, that's the area on the plate where

he would like to hit the ball. The hitter really needs to concentrate on taking his time and making sure that his swing is in sequence.

By that we mean that upon front foot contact, his back heel comes up off the ground, his knee and hip begin to rotate first, which then rotation begins at the trunk, leads to the shoulders, down the upper arm and into the bat.

In a team setting, we would like to see a player have 25 repetitions in a practice but only take 10 swings at a time. More than 10 swings at one time tends to tire the hitter out and the mechanics begin to suffer.



The reverse sequence drill starts with a hitter in the contact position and has him reverse his swing and develop a rhythmic movement. Again, this hitter is working in sequence and he's trying to develop a nice, smooth, rhythmic swing.

In a team setting, each individual is going to do 25 repetitions in the period of a practice time, with a maximum of 10 at one particular time.

PART 2

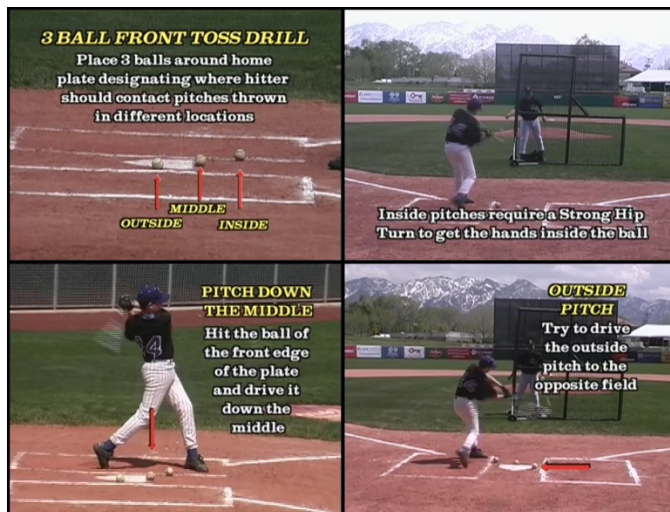


The front toss drill develops rhythm, timing, balance, and swing sequence. The pitcher shows the hitter the ball, pulls it back, and then delivers it.

By showing the ball and pulling it back, it allows the hitter to work on his rhythm and his timing. We would like the hitter to have his front foot on the ground when the ball is halfway to him. This gives him a balanced strength position to hit from.

This drill can provide work on pitches inside, outside, and down the middle. It can also help hitters with pitches at various heights. This drill is to follow the dry drills and the tee drills because it allows a hitter to develop that swing in sequence.

In a team setting, it is recommended that each hitter get 25 swings with this drill, with no more than 10 swings at a time.



The next drill is a 3-ball front toss drill. It is a variation of the first front toss drill that we showed you in that we have three baseballs placed on the ground in relationship to home plate. Each ball represents where a particular hitter would like to hit that ball in relationship to its position. If we had a right-hand hitter, he should hit ball #1, which would be an inside pitch, from that position.

They pitch down the middle off the front edge of the plate and an outside pitch off the back corner as shown. In

this drill, as we toss, we are going to work on pitches inside, down the middle, and outside.

And the hitter, with using these reference points, can tell if he's hitting that particular pitch in the right position.

As we're trying to hit the ball in the inside part of the plate, we are working very hard on making sure that we have the proper sequence, a real strong hip turn so that we can get our hands inside the ball. We are trying to hit the ball with our hands inside the ball here, and pulling our hands inside when we're working on that inside pitch.

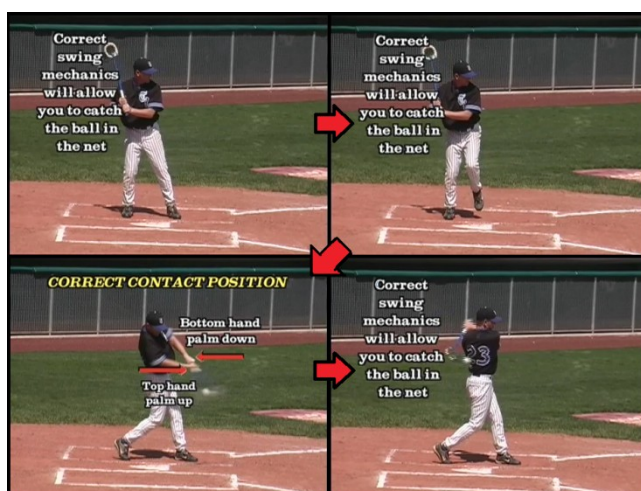
Bryce is now working on the pitch down the middle. He's trying to hit the ball off the front edge of the plate and he's trying to drive the ball more towards the center of the diamond. He's allowing the ball to get a little bit deeper on this particular pitch, off to the front edge of the plate.

Bryce is now working on the outside pitch, which he's trying to drive to the opposite field. He's letting the ball get deeper. He's letting the ball get deeper so he can develop a swing that will allow him to go with the pitch.

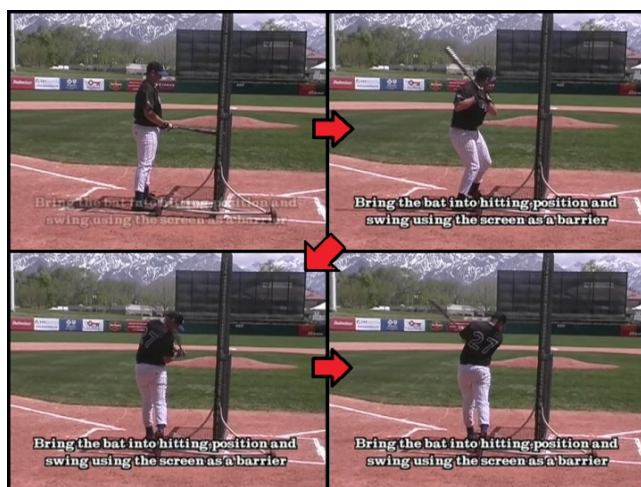
In a team setting, we would like each hitter to hit three pitches from each of the three areas. That would be nine repetitions. We would like them to do that two times during a practice session.



The front toss curve ball drill is a drill where the tosser is angling the ball so that it is going away from the hitter, much like a curve ball would be breaking away from a hitter. The hitter is working on hitting the ball off the deep part of the plate when it is outside, down the middle, when it's thrown down the middle, and pulling the ball when it's thrown to the inside part of the plate.



In all these drills, the hitter can be working on his stance, balance, rhythm and timing, the proper sequence of the swing, his perceptive skills, and his rhythm and timing. Each hitter should take 10 repetitions at a time. He should complete two sets of 10 in a practice session.



The front toss hitter drill incorporates the device that is attached to a hoop that is attached to the metal pole. The hoop is approximately 6" in diameter and as the hitter brings his hands through with top hand palm up, bottom hand palm down – which is the contact position – he will be able to catch the ball into the net. We're going to use this to the front toss situation and allow our hitter to go to work.

A hitter with the proper sequence in a swing, using his lower body properly and bringing his hands through properly, with his hands inside the ball, and his top hand on top, top hand palm up, bottom hand palm down, will successfully catch the ball inside the net. When they're doing it wrong, when they're not catching the ball in the net, the hands are not coming through properly. So that the top hand may be slightly over top of the ball,

slightly over top, or the bottom hand may be coming underneath the ball a little bit too much.

Do not use baseballs for this drill. You can notice we are using wiffle balls. It is unsafe to use baseballs in this drill.

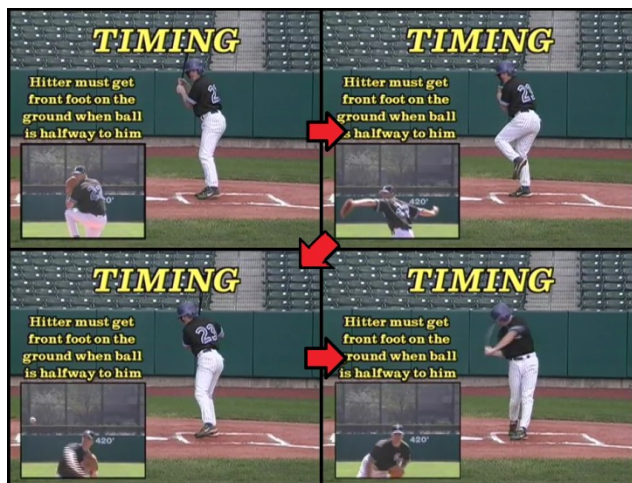
When the hitter is able to catch the ball in the net, it means his hands are slightly above the ball as they're coming through. Again, you can place the ball in different positions in relationship to the plate and work on pitches either inside, outside, or down the middle.

PART 3

Fence drill begins with the knob of the bat on the batter's abdomen, straight out towards the fence. That's the starting position. He brings the bat back up into his regular hitting position and he's going to go through his swing using the fence as a barrier out front. This allows him to work on the proper sequence of the swing, and with the proper sequence of the swing he's allowed to swing the bat, keep his hands inside, and swing properly.

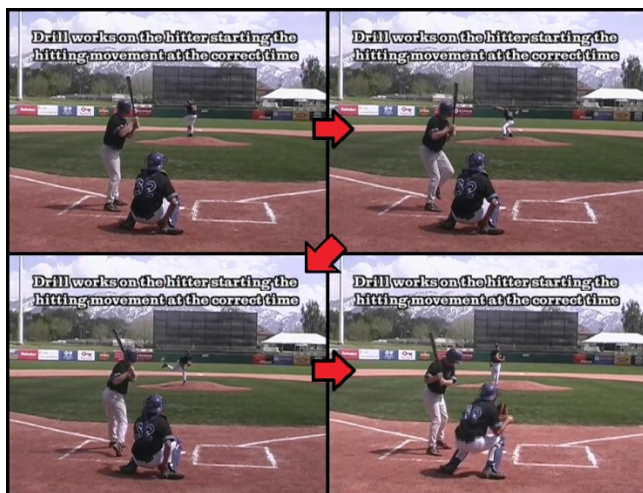
If his swing was to get out of sequence – in other words, if his upper body would go first before his hips would rotate – then he would make contact with the fence.

When the swing gets out of sequence and the hitter leads with his shoulders or his hands first, then he would make contact with the fence. It's a very good drill to work on the sequence of the swing, where upon front foot contact the back heel comes up, the hips begin to rotate, then the upper body, and last of all the bat.



With a left-hand hitter, the drill is exactly the same. The batter starts with the knob of the bat into his abdomen, the end of the bat against the screen. The hips clear the way for the hands to come in close to the body, thus giving us a short, quick swing.

A progressive variation of this drill would be to combine the fence drill with the front toss drill. It is recommended that a hitter would do 25 repetitions in one practice session.

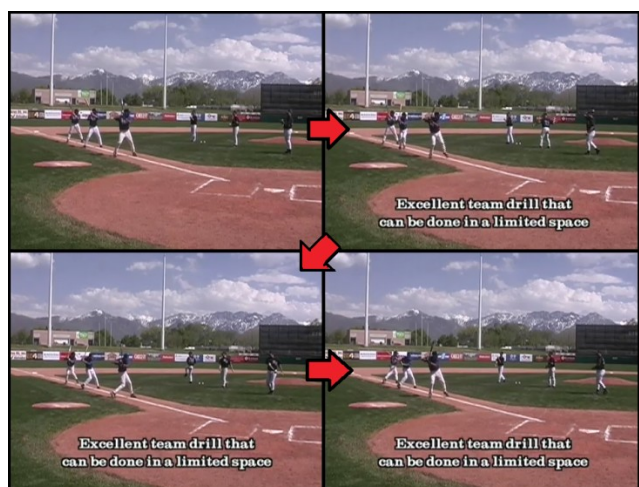


The perception, rhythm, and timing drill assist in the hitter getting started at the correct time, working on his rhythm, plus tracking and perception skills. The hitter stands in against a live pitcher, could be in a bullpen situation. He works on soft focusing, first of all, on the pitcher's hat and head area, and then as the pitcher is getting to the point of release, he hard focuses on that release point.

Rhythm is a controlled motion which allows the body and bat to get into the launching position at the correct time

against any pitcher or any velocity. A body in motion tends to stay in motion.

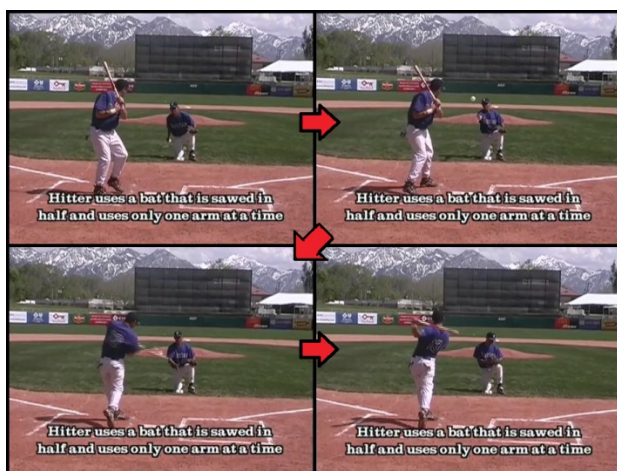
The same time, he's working on getting his front foot down when the ball is halfway to him, getting into a good balanced strength position.



Now as the front foot makes contact, he's aggressively getting his back heel off the ground to begin the proper sequence of hip rotation. The hitter would stand in, in the bullpen situation, as long as the pitcher is going through his workout.

Which could be generally in the area of anywhere to 25-50 pitches. If the hitter begins to lose concentration, suggest replacing him halfway through the workout with another hitter. They actually do not take live swings in this drill; it is a rhythm, timing, and perception skill drill

only.



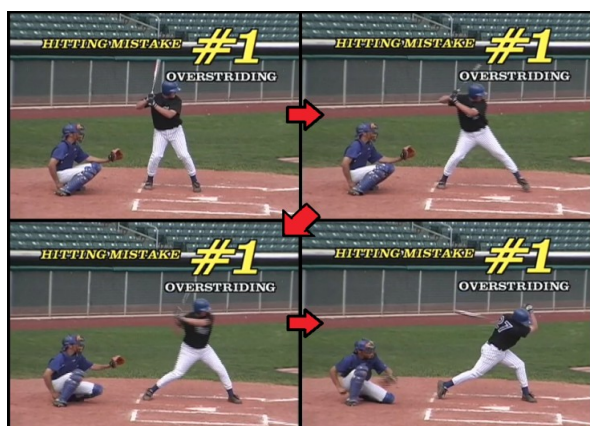
Another variation of the perception, rhythm, and timing drill is to use wiffle balls or softie baseballs where the pitcher is working through his wind-up, the hitter is working on his rhythm and timing of when he gets his front side started, and when the front foot lands, getting his back heel up. The hitter, again, is working on getting his front foot down when the ball is halfway to him.

The half bat drill is used with wiffle balls in a front toss situation, with a hitter having only one hand on the bat at a time. The hitter is working through his entire swing, but he is really working on, in this case, his bottom hand coming through correctly with the palm being down as he makes contact with the ball.

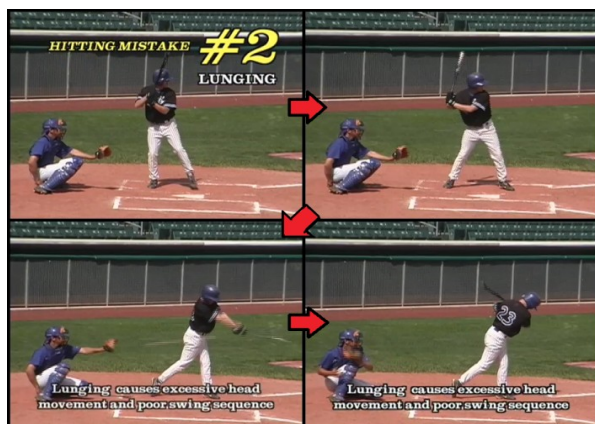
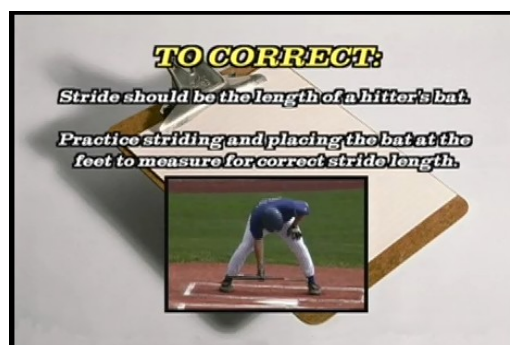
It is an excellent drill to work on one particular hand at a time because the hitter can control the bat since you've taken a wooden bat and cut it in half. It makes it light. It makes it easy for the hitter to handle and control.

The hitter can also work on his top hand, where he's working on bringing his back elbow into the slot in front of his body in a 45-degree angle and working on getting his top hand, with the palm up, coming into the contact area.

In this drill, as in all the drills, we are working on rhythm, timing, and the proper sequence of the swing. A hitter would want to take 10 repetitions with the bottom hand and 10 repetitions with the top hand. There should be a rest period in between each 10-set rep.



When a hitter overstrides, it produces excessive head movement. His head drops, head travels too far, causing the problem for a hitter to be able to see the ball and to make contact. It also causes problems with rotation. It doesn't allow the hitter to rotate properly.

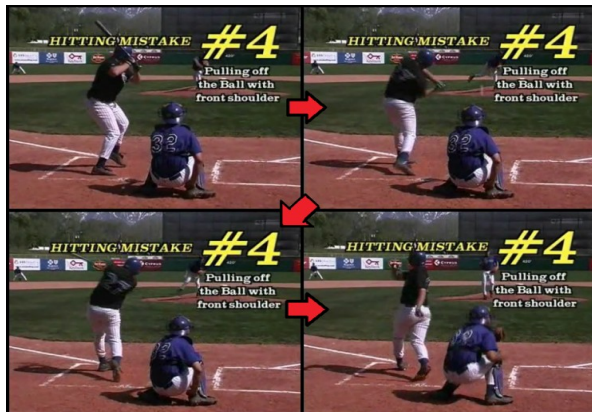


In this situation, we have a hitter who is lunging at the ball. His head travels excessively, his swing is out of sequence, and he is leading with his hands as opposed to rotating with his lower body first. The problem with lungers is that they lead with their shoulders and hands rather than

getting their swing in a proper sequence of hips going first and then shoulders and, last of all, the hands.

PART 4

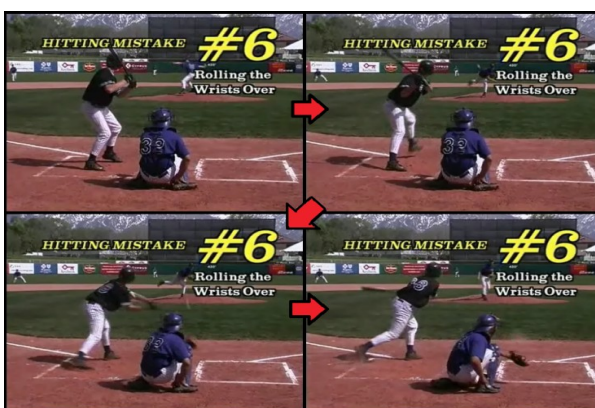
This hitter is collapsing on his back side, or dipping the back shoulder. It causes severe upper cut. He definitely has a swing out of sequence.



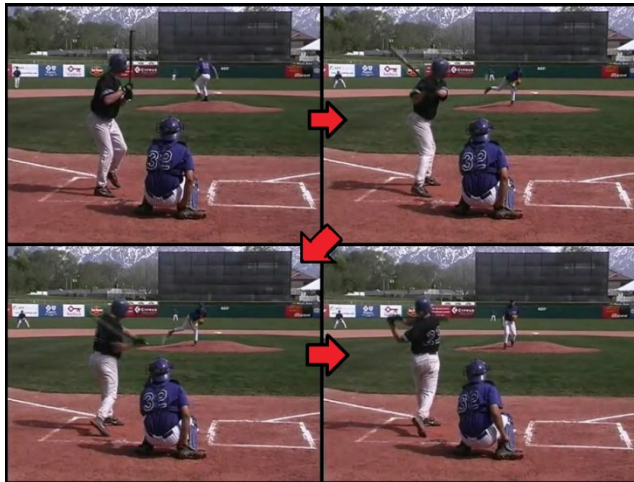
This hitter is pulling off the ball with his front shoulder and consequently his head pulls off the ball.



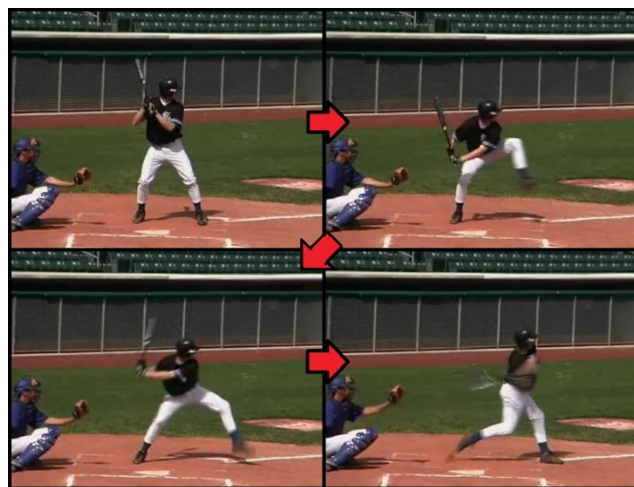
This hitter is arm swinging, with his hands outside the ball and going around the ball. The problem really begins though in the fact that his swing gets out of sequence. He doesn't use the lower half of his body properly. When he makes front foot contact, he needs to get his back heel up, he needs to begin rotation with the hips, and then with the upper body.



This hitter is rolling his wrists over and beating the ball into the ground. Hitters want to make contact with the top hand with palm up, bottom hand palm down. With a hitter rolling his wrists, he is going to continually beat the ball into the ground.



This hitter is losing balance during a swing. He is not moving ball of foot to ball of foot. He is losing his dynamic balance early in the swing. A hitter needs to keep his chin over top of his belly button, and when he strides, move from ball of foot to ball of foot.



This hitter has a hitch in his swing, causing him to have a slow bat and not be able to get to the ball at the correct time. When a hitter makes front foot contact, his hands should be right at his shoulder, with his elbows down 45-degree angle.