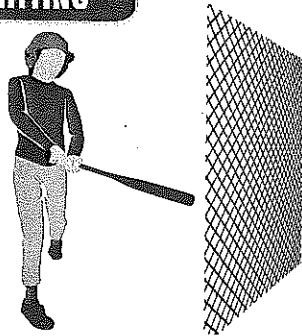


FENCE SWING

Shortening batter's swing

HITTING

I



- **Line them up:** Batter stands facing fence close enough that bat would touch if arms fully straight and extended.
- Practice swinging.
- **Key Point:** Bring hands straight down to ball, avoiding a long, looping swing.
- **Make it a Game:** Who can take most good swings without hitting fence.

GROUND HOG

Staying on top of ball

HITTING

G/T



- **Line them up:** One batter; remaining players in field. Coach throws batting practice.
- Players stay up to bat as long as they hit ground balls or line drives.
- After 5 hits, batter must run it out and be safe at 1st to continue hitting.
- **Make it a Game:** Most hits without getting out is "The Groundhog."

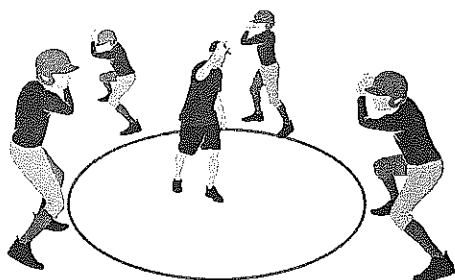
Hitting

IMAGINARY PITCH

Visualizing hitting

HITTING

I/G/T



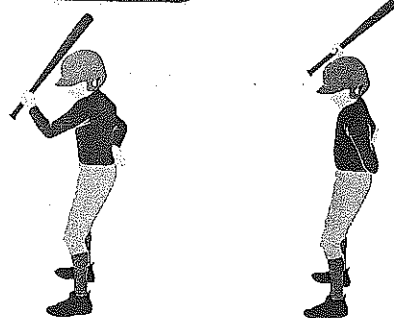
- **Line them up:** Players form circle around coach and assume "hitting stance".
- Coach goes into wind-up and pretends to throw pitch while saying something like, "Outside corner," or "Low and inside strike," or "High ball".
- **Key Point:** Batters visualize pitch being thrown, and swing or take.
- **Make it a Game:** Slowest to swing at a strike, or anyone who swings at a ball, is out. Final player remaining wins.

ONE-ARM SWING

Using each hand independently

HITTING

I



- **Line them up:** Player needs a bat and helmet.
- Player gets in normal batting stance, but swings bat with bottom hand only.
- Player can switch and swing with top hand only.
- **Key Point:** Players may choke up on bats if too heavy.
- **Variation:** Great drill for hitting off tee, or, for stronger players, soft-toss.