

# HITTING WORKOUT

For each hitting day, set up your workout in the following manner:

1. Tee Warm-up (page 2)
2. 1-2 Lower Half drills (page 3)
3. 1-2 Upper Half drills (page 4)
4. 1-2 Full swing options (page 5) \*\*

\*\*Can do the bat speed workout as a full swing option (page 6)

# TEE WARMUP DRILLS

Every day you hit, focus on feeling the important aspects in your lower half, upper half, or combining the two. You will take this emphasis through the Tee warm up, drills, and front toss/machine/live. See check points for what you should be focusing on feeling during each day.

## TEE WARMUP

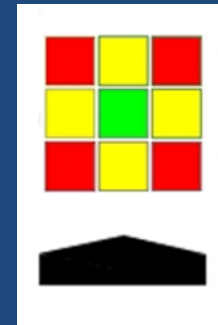
Line and mirror drills – see video - <https://www.dropbox.com/s/7g3iuevqtsjxkwt/28.MTS?dl=0>

Go through pre-pitch routine on each rep below; visualize every pitch

1. **Posture** - Pre-pitch Routine in box + Stance – 5x (Bend hips first then knees)
2. **Load** - Practice just on loading rear glute, front shoulder, rear scap - 5x
3. **Swing to Contact** - 5x inside half, 5x outside half - move tee up/down--don't always put it on the very inside/outside corner (see video below)
4. **Swing to Extension** - 5x inside half, 5x outside half - move tee up/down--don't always put it on very inside/outside corner (see video below)
5. **Full swing** - 3x at each of the 9 quadrants shown below – total = 27 swings

## VIDEO OF CONTACT & EXTENSION SWINGS

- <https://www.dropbox.com/s/wka4yoq9rr0wsv1/7.MTS?dl=0>
- <https://www.instagram.com/p/CH6LU6kgFiV/>
- [https://www.instagram.com/p/BqsgG\\_GgNwn/?igshid=1o8yi2jp0k10x](https://www.instagram.com/p/BqsgG_GgNwn/?igshid=1o8yi2jp0k10x)
- <https://www.instagram.com/p/BrS6E3wDELG/?igshid=1wsj02ga7fy23>



## LOWER HALF EMPHASIS

Focus on Feeling:

- a. Athletic position – good hip hinge and weight on the inside of knees and feet
- b. Loading in the rear glute
- c. Front foot gets down to start the swing. Aggressive turning action with rear hip, getting back knee down and in, being explosive as front heel gets down
- d. Staying down in legs at and through contact (head stays still and level)
- e. Balanced at contact. Head, rear shoulder, rear hip, rear knee, rear foot all vertically aligned
- f. Finishing swing allowing the hips to come all the way through with power
- g. Front leg straightens as you finish the swing
- h. Weight finishes over back foot, not front foot

## \*\*DRILL OPTIONS (use tee, front toss, and machine)

*Work on different pitch speeds and locations to practice getting the front foot down on time.*

### DRILLS:

- 45 degree open stance swings (do extension and full swings)
  - <https://www.instagram.com/p/BpW84yznOVY/?igshid=y9pr7qqznn1l>
  - <https://twitter.com/FullerHitting/status/1037515148607610880>
- 45 degree closed stance swings (do extension only)
  - <https://www.instagram.com/p/CGJvP5og8ev/>
- Walk thru swings – focus on sitting into hips and loading as you approach ball
  - <https://twitter.com/uTeeBaseball/status/1027515752386113536>
- Single leg swings
  - <https://www.dropbox.com/s/w927kmxf8hx9amj/10.MTS?dl=0>
  - <https://www.instagram.com/p/BrVldWrh2AD/?igshid=1lonac8hk8nd9>
- Physio ball swings
  - <https://www.dropbox.com/s/n1zkz6b8ml2n1t9/11.MTS?dl=0>
- Start in regular stance and then squat 3-5 inches lower. Full swing from here staying in that position when finish.
  - [See video.](#)



## UPPER HALF EMPHASIS – TEE / FRONT TOSS / MACHINE

### Focus on Feeling:

- a. Start load at appropriate time to be on time with pitch type, speed, location
- b. Powerful position in load – tension in front shoulder, retract the rear scap
- c. Keep front elbow bent, do not allow it to straighten during load
- d. Hand position in load—knob pointed to catcher
- e. Barrel sweet spot above the head in load
- f. Shoulders and hands working with lower half – allow the hip rotation to lead the shoulders
- g. Allow front elbow to work slightly up and around
- h. Aggressiveness to contact—Explosive with hands/bat
- i. Work slightly up thru the plane of the pitch
- j. Keep elbows slightly bent at and through contact
- k. Full extension past contact (palm up/palm down)
- l. Head barely moves once swing starts (now forward or upward movement)

## \*\*DRILL OPTIONS: (use tee, front toss, and machine)

- Contact & Extension drills
  - <https://www.dropbox.com/s/wka4yoq9rr0wsv1/7.MTS?dl=0>
  - <https://www.instagram.com/p/CH6LU6kgFIV/>
  - [https://www.instagram.com/p/BqsgG\\_GgNwn/?igshid=1o8yi2jp0k10x](https://www.instagram.com/p/BqsgG_GgNwn/?igshid=1o8yi2jp0k10x)
  - <https://www.instagram.com/p/BrS6E3wDELG/?igshid=1wsj02ga7fy23>
- One arm mini bat swings, front arm and rear arm variations
  - <https://www.dropbox.com/s/yoy61w1bczv7gmj/3.mp4?dl=0>
  - [https://www.instagram.com/p/CF\\_EVMbgfW9/](https://www.instagram.com/p/CF_EVMbgfW9/)
  - [https://www.instagram.com/p/CF5-sEhALD\\_/](https://www.instagram.com/p/CF5-sEhALD_/)
  - <https://www.instagram.com/p/B-yDYaoARuN/>
- Swings from the neck or shoulder (helps connect bat to rotation of hips)
  - <https://www.dropbox.com/s/6ee7ct6wly4ohru/4.MTS?dl=0>
- Tilt over the plate drill with mini bat
  - <https://twitter.com/JasonOchart/status/888211044014858240>
- Bat path drills
  - <https://www.instagram.com/p/BpzFR8HBIhu/?igshid=ssh39758630t>
  - <https://www.instagram.com/p/B5WQ4qsA2yc/?igshid=1bt8m4tase2kv>
  - <https://www.instagram.com/p/B53QL7TAS42/?igshid=1rha0wvjapx52>



## FULL SWINGS

### FRONT TOSS / MACHINE / LIVE – WORK ON PITCH LOCATIONS AND TIMING

- a. Hit inside zone—hit balls #1-4 covering the inside-middle part of plate, take the outside (see diagram 1<sup>st</sup> page)
  - b. Hit outside zone—hit balls #5-8 covering the outside-middle part of plate, take the inside (see diagram 1<sup>st</sup> page)
  - c. Pick 1 zone to sit on and only hit balls in that zone and take everything else (for example, up/in pitch)
  - d. Repeat with another zone (work on a weakness or strength)
  - e. Repeat with another zone (work on a weakness or strength)
  - f. Change-up drills – see videos
    - i. Tennis ball bounce - <https://www.dropbox.com/s/e17n9ug5pcuuh7j/14.MTS?dl=0>
    - ii. Arm pump fake - <https://www.dropbox.com/s/pij1745gvzi22vt/15.MTS?dl=0>
    - iii. Tennis ball + machine
    - iv. Front toss 3 plate drill - <https://www.youtube.com/watch?v=6Q5BWNFTYJs>
- Inside / outside variations - Pitch from extreme angles - [https://twitter.com/Coach\\_Forster/status/1196511789413912576](https://twitter.com/Coach_Forster/status/1196511789413912576)



# BAT SPEED WORKOUT

**3 days per week**

**Front Toss or Tee - 4 Rounds of the following:**

- Game Bat - 10 Swings
- Overload Bat - 10 Swings
- Underload Bat - 10 Swings
- Game Bat - 10 Swings

Game Bat Weight	Underload Bat Weight	Overload Bat Weight
22 oz.	17-19 oz.	25-28 oz.
23 oz.	18-20 oz.	26-29 oz.
24 oz.	19-21 oz.	27-30 oz.