

Norway Knights Baseball: Hitting

A. Plan of Attack

-3 areas of focus:

- (1) fighting position**
- (2) swing path**
- (3) attacking the middle of the field**

-coach to the principle:

- (1) stance**
- (2) load**
- (3) fighting position**
- (4) swing path**
- (5) attack the middle**

****Feel beats though****

1. Stance:

-essentials:

- (1) comfortable position**
- (2) swing thought**
- (3) rhythm & movement**

2. Load:

-allows batters to get into a fighting position

-essentials:

- (1) prepare to hit v. step & swing**
- (2) control the stride foot**
- (3) as pitcher prepares to pitch / hitter prepares to hit @ some point between hands separating & front foot landing**
- (4) prepare to move forward to hit**
- (5) get ready to throw a knockout punch**
- (6) shift into back leg / keep back knee inside back foot**



****Feel torque on backside / slow feet = quick hands****

3. Fighting Position:

-essentials:

- (1) being on time is critical**
- (2) reach forward with front foot**
- (3) maintain a square composure**
- (4) hands back = whip**
- (5) hands too close = push**
- (6) a prepared lower half helps the upper half**

4. Swing Path:

-essentials:

- (1) strive for flat, aggressive swing path**
- (2) begin with the rear knee**
- (3) drive back knee & hip towards the pitcher**
- (4) hips lead hands**
- (5) eliminate wasted movement**
- (6) work hands above the pitch plane**
- (7) keep barrel in zone as long as possible**
- (8) keep hands between barrel & ball**

****Barrel to ball:**

- hit down & into your front leg**
- keep head movement small**

5. Contact:

-essentials:

- (1) attack the middle of the field**
- (2) linear movement creates maximum force**
- (3) strong point of contact, heel up**
- (4) rotate belt buckle to pitcher**
- (5) extend through contact**
- (6) eyes on ball, nose behind**

B. Tee Drills: (put tee @ mid thigh)

-allows isolation of swing elements

-solo workouts

1. Contact Point Hitting:

a. start middle

- hands & barrel should be on same line**
- 2" in front on plate**

b. outside

- for working opposite field**
- hands in front of barrel**
- strong point of contact**

c. inner half (pullside)

- out in front of home plate**
- barrel in front of hands**

2. High Tee: (put tee @ bottom of rib cage)

- good hip rotation, hands through the ball**
- stay tall & be linear through swing**

3. Isolation: (put tee @ thigh)

- start with a wide, comfortable base**
- strictly upper body**
- back heel does not come off the ground**
- don't rotate hands in**
- hands out / inside front elbow**

4. Deep Tee: (focus on letting the ball travel)

- help hitters get feel for deep balls**
- stay inside**
- belt high**

****Prepare to hit & then say NO****

****Don't Jump****

5. Slash Tee:

- wide base**
- back foot pointed at pitcher**

- 
- front foot angled**
 - inside part of cleats**
 - place bottom hand four fingers off the knob**
 - swing in reverse**
 - keep barrel on swing plane**
 - drive down & through**

6. Leg Lift: (put tee thigh high)

- stride foot down & early / soft**
- lift 3x / 3rd time swing**
- keep back knee inside back foot**
- stay square**
- weight = 50/50**

7. Happy Gilmore:

- normal stance / replace back foot with front foot**
- stay directional to the baseball**
- square / do not cross feet**
- don't cross or get closed off**
- shuffle / swing / finish with back knee drive**

C. Soft Toss Drills

- contact point hitting**
- strive for the perfect pitch**
- tossers initiates the drill**
- emphasize slow feet during drill**
- tossers drops the ball to back foot / hitter should be loaded & in fighting position**

(1) middle of the field =

(2) opposite field =

(3) pullside =

1. Top & Bottom Hand: (swing path)

-concentrate on lower body movement

***Top:**

-choke up to maintain bat control (reg bat) or use short bat

-bottom hand goes across the chest

-stay square & closed

-don't let hitters release the bat

-barrel @ 45 degree angle / like throwing position

***Bottom:**

-keep bat in same two hand position

-not too low / not too high

-drive through with front elbow

****Don't want to rotate the shoulders in / stay square**

-back hand behind the back

-use hips to throw barrel to the ball

****Don't use arms to go around baseball**

2. Isolation: (flat swing path)

-start with a wide base

-drive ball to middle of the field

-take hands to catcher to create whip (back a little)

****Hands close to your body creates a push type swing**

-keep bat in zone as long as possible

****Allows you to be early or late**

3. Isolation Quick Toss

-iso swing in rounds of 4

-stay flat but adjust as needed
4. High Toss: (stand close to hitter)
-hit the ball before it clears the letters on the jersey

-quick barrel to ball (inside out stroke)
-helps players shorten their swing

5. Quick Toss: (normal toss position)
-shorter reps help avoid fatigue / rounds of 4-6
-work center of gravity & minimize head movement

D. Front Toss Drills

-execution:

-tosses controls the drill
-ball gets to back ankle / front foot should be landing & in fighting position
-consistent timing & position

1. Opposite Field Hitting:

-know your target / not to the pole / GAP
-aiming for the gap grants more leeway

2. Pull Side:

-teach hitters to swing @ correct pitch

3. Inside Out: (inner half)

-force the hitter to stay inside the baseball
-keep tight & stay inside the ball

4. Step Back: (weight transfer / any kind of toss)

-step back / back knee stays inside the back toe
-then stride forward

5. Helmet: (stay tall on backside)

-helmet behind back foot / foot should not hit the helmet



****If the helmet is hit = not 50/50 / spinning / rotational swing / collapsing backside = uphill swing**

E. Short Bat Drills: (allows the ball to travel / forced)

1. Bat Wrap:

-correctional for young hitters / hardest to correct

-bat behind turns the shoulders

-keep hands in front & visible to the pitcher

****Bat behind front shoulder creates casting motion****

-work in line

2. Loop Forward:

-loop forward 3x then swing

-point towards pitcher (Brandon Inge)

3. One Hand Rhythm:

-maintain good base

-hold bat behind head

-keep water in the tip of the bat

-drop it / bring back / drive through

-work for a fluid downward motion

-creates whip

F. On the Field BP:

1. Feel the Barrel:

-let the ball travel / get deep

-stay inside the baseball

-stay on top of the ball

-opposite field

2. Bucket: (power ground ball)

-2 strike approach

- 
- hit & run**
 - hit behind the runner**
 - bucket out in front of home plate**

3. Below the Bushes

- line drive hitting drill**

4. Opposite Field Hitting:

- gaps**

5. Offset Field: (100% result driven)

- mound @ 45 degree angle**
- let the ball travel deep**
- slices or hooks are bad**
- execute the swing = getting results**

6. Pull Side Hitting:

- mound @ 45 degree angle**

**Great Fighting Position / Swing Path
Attack the Middle of the Field**