

Batting Drills

Soft Toss/Tee Work-Overall Batting Practice

Equipment: batting net, tee, bucket of balls, bat

1. Have your player wear their helmet/batting gloves as if they were going up to bat. Place the tee in front of the batting net. Players should be standing as if they were batting into the net. If you are not using a tee, sit facing your player.
2. Toss the ball underhand to the batter so that it would fall in their strike zone, or place the ball on the tee.
3. Batter should hit the ball into the batting net repetitively or until you run out of balls.

Goal: practice proper batting technique/contact.

Watch for:

- Player should be leading their swing with the arm facing the net
- Power should be coming from the hips
- Watch back foot so that it is only pivoting, not moving around
- Check that player is swinging level
- Correct batting stance if necessary

Mix it up:

- Have another player throw on a helmet and play the role of the tosser

Wiffle Ball Practice-Develop Front Arm Swing

Equipment: plastic bat, wiffle balls

1. Batter holds a plastic bat in the arm that faces towards the pitcher or leading hand. They should still be holding the bat as if they were batting.
2. Lighty side toss the ball to the batter and have them swing though using only their lead arm. Repeat for 10 repetitions.
3. Have the batter add their other hand. Make sure they are not leading with this arm.

Goal: develop proper batting technique.

Watch for:

- Use of front arm only-back arm comes along for the ride
- Level swing
- Eye on the ball
- Use of hips through swing

Mix it up:

- Have players use their leading arm to catch the ball and hold it in place, as opposed to hitting it with the bat
- Have players side toss to each other

Frisbee Drill-Use of Hips for Power

Equipment: Frisbee, partner

1. Have the players line up so that they are facing their partner,
2. The partner with the frisbee should hold the frisbee so that one hand is rested flat on the top and the other, flat on the bottom (palms facing inwards).
3. Bring the frisbee back so they are holding it like their at bat.
4. Throw the frisbee to your partner while rotating hips. Partner will repeat those steps.

*Note: If the frisbee is thrown properly, it will fly straight to the partner. This should mimic batting techniques.

Goal: practice hip rotation.

Watch for:

- Use of hips for power
- Arms cutting through as a level swing
- Frisbee going to partner

Mix it up:

- Have players throw the frisbee with one hand, but have it be their leading hand. Mimic swing.

Bunting-Situational Batting

Equipment: Bat

1. Hold bat sideways
2. Rest back hand behind barrel. Keep fingers behind bat
3. Toss the ball and have the player bunt

Goal: practice an effective bunt for bunt situations.

Watch for:

- The ball should not be going far
- Fingers tucked safely behind the bat

Mix it up:

- Have players go in pairs and bunt to each other (one tosser, one bunter)
- Place in game like situation (coach pitch or player pitch)

- Pick direction in which the player should bunt (ie: 3rd base line)

Batting Rope-Level Swing

Equipment: Rope with Carabiner, Wiffle Balls, Bat

1. Take a long rope (15 ft) and attach a carabiner to one end. Clip to fence
2. Bead 5-7 wiffle balls onto the rope. Hold the other end of the rope so it is level.
3. Batter should hit the whiffle balls towards the fence end.

*Note-if the swing is not level, the wiffle ball will stay in place. A level swing should allow the ball to travel down the rope.

Goal: practice hitting the correct part of the ball

Watch for:

- Level swing
- Eyes on the ball
- Proper footwork

Mix it up:

- Have a player hold the rope (must be wearing helmet)
- Call whether the player should be hitting the top half of the ball or the bottom (over or under the rope).

Coach Pitch-Situational

Equipment: Bat, Coach, Fielders, Helmet

1. Coach lobs/slower fastpitch to batter (in batters box)
2. Batter hits to infield
3. Infield fields the ball

Goal: practice reading live pitches

Watch for:

- Game situation batting
- Batting techniques

Mix it Up:

- Have a player pitch (5 pitches per at bat)
- Call where the fielders must make the play

*This doubles as a fielding drill

Batting Stick-Swing Practice

Equipment: Batting Stick, Partner, Helmets

1. Have a partner hold the batting stick
2. Batter takes practice swings

Goal: practice solid contact, swinging through the ball

Watch for:

- Proper batting techniques

Mix it up:

- Have players rotate positions (holder and batter)

Ping Pong Ball Batting Practice

Equipment: Ping Pong Balls, Bat, Helmet

1. Side toss or forward toss ping pong balls to players
2. Batter should hit through the ball

Goal: contact and hand-eye coordination

Watch for:

- Proper batting technique
- Contact

Low Cone Batting Drill

Equipment: Pylon, bat, ball, helmet

1. Place a ball on a small pylon
2. Have players practice hitting the ball into the fence off the pylon

Goal: practice hitting low pitches without scooping

Watch for:

- Dropping leg to get to the pitch
- The ball not being hit into the ground (easy ground ball), rather, being hit like a line drive

Eye-On-The-Ball Drill

Equipment: ball, coloured markers, bat, helmet.

1. Draw a different colour line/circle on each ball.
2. Have players hit the ball and tell you the colour of the ball they hit.

Goal: keep their eye on the ball

Watch for:

- Their head turning to see where they are hitting, instead of keeping their eye on the ball