

ROPE DRILL

Purpose:

Teaches batter how to properly transfer her weight and have rhythm in the swing. Also, teaches batter that front arm and elbow should go straight toward the pitcher and not out to the side.

Setup:

Get a 34-inch piece of marine rope. Wrap tape on one end to form a handle. Attach a club head on the other end. The club head is actually just newspaper wrapped in tape. Set a series of golf balls in a line on the ground.

Execution:

1. Player takes rope and starts swinging it with front arm like she is swing a bat at a down and in pitch.
2. Once player has a good rhythm going, she steps forward and hits the golf balls that are on the ground.

Coaching Tips:

- Someone who “spins out,” opens their hips too early or tends to push their hand and elbow instead of going toward the pitcher will have a hard time with this drill.
- This drill is not about teaching players to hit bad pitches. Instead it should be used to help players develop the form and rhythm to hit down and in pitches.



Above, coach establishes a rhythm swinging the rope. Below, coach uses the rope to hit golf balls.



NO HIPS DRILL

Purpose:

Designed to help players who spin out or open their hips too early by helping them get a feel for proper weight transfer during a swing.

Setup:

Player takes stance by a tee, which is set up in front of a net.

Execution:

1. Player gets in a comfortable position with legs apart, weight equally distributed, slight bend in the knee and at the hip, shoulders and hips square to the plate.
2. Player goes into a negative to positive move and swings at the ball on the tee without rotating her hips.

Coaching Tips:

- Player should finish with back foot on the dirt.
- During this drill, the hips will slightly turn but this is only from the upper body moving.



Player finishes her swing while participating in the No Hips Drill.

ONE ARM DRILL

Purpose:

Designed to help players who pull out with their front shoulder.

Setup:

Player takes normal stance beside a tee that is set up in front of a net.

Execution:

1. Player holds youth-size bat in back hand while holding front hand over the ball that is on the tee.
2. Player swings the bat one-handed while keeping her front hand over the ball on the tee.

Coaching Tips:

- Holding the front hand out over the ball forces the batter to keep her front side closed.
- Batter should properly transfer weight to front side. She should NOT be spinning on her back foot and keeping her weight back.



Player holds hand out over the ball and prepares to swing.

FRONT ARM DRILL

Purpose:

Helps players learn to keep both their hips and their shoulders flat to the plate instead of opening up too soon or pulling out.

Setup:

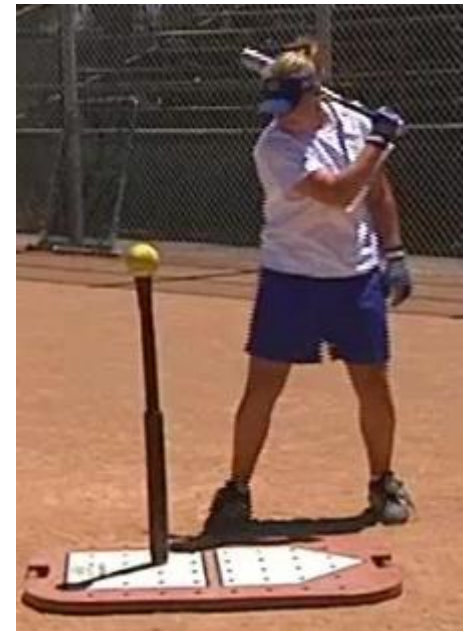
Player takes normal stance beside a tee that is set up in front of a net.

Execution:

1. Player holds bat with front arm only.
2. Player swings the bat one-handed and hits the ball on the tee.

Coaching Tips:

- Player should be unlocking shoulder, elbow, wrist in that order without her arm coming across her body.
- Remember, all swings should be set up to hit inside and then player can adjust to hit outside. It's a lot easier to swing inside and adjust outside than vice versa.
- This drill can also be done using the SB401 wood training bat.



Player gets ready to swing the bat during the Front Arm Drill.

KNUCKLE DRILL WITH TOP HAND

Purpose:

Helps batter get more comfortable with the pace of her swing. She learns to be in control, have good rhythmic load and a good negative move to positive move.

Setup:

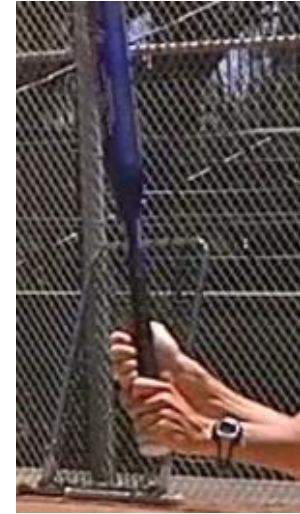
Player takes normal stance beside a tee that is set up in front of a net.

Execution:

1. Player holds the bat with her lower hand and only puts the knuckles of her top hand against the bat.
2. Player swings the bat and hits the ball on the tee.

Coaching Tips:

- Beginning part of swing should be slow and rhythmic then accelerate to the fastest part of the swing which is when the barrel comes through the zone.



Above, the grip for this drill. Below, the batter gets ready to hit the ball.



WALK THROUGH DRILL

Purpose:

Helps batter understand cadence and rhythm. Reinforces keeping front side closed during swing and also emphasizes transferring weight to the front side.

Setup:

Player marks where back foot goes in her normal stance then takes one step to the side and aligns her front foot with that mark. A ball is placed on a batting tee.

Execution:

1. Player crosses over and steps to the mark with her back foot – keeping her front side closed.
2. Player then moves front foot in front of back foot and swings at the ball on the tee.

Coaching Tips:

- Watch that player keeps front side closed and that she properly transfers her weight while walking through and swinging.
- To make the drill more difficult, you can have the batter line up behind her mark so that she does a full crossover. Be sure she keeps her hips flat while doing the walk through.



Player goes through the Walk Through Drill.

AUDIBLE PARTNER SIDE TOSS

Purpose:

Improves player focus on the ball and teaches them to wait to hit the ball.

Setup:

Batter gets in normal stance in front of net. Partner sits or kneels off to the side to toss a multi-colored ball to the batter to hit.

Execution:

1. Partner tosses the ball to the batter. (Note: Partner should be tossing to all areas of the strike zone instead of focusing on one specific area).
2. Batter calls out the color facing her and then hits the ball.

Coaching Tips:

- This drill should force the batter to keep their head on the ball and actually watch it coming into the zone – so make sure they are doing that.
- If you don't have a multi-colored ball, the batter can simply call out "yes" for a strike and then swing and "no" for a ball, which she would not swing at.



Batter calls out color and then hits the ball in this side toss drill.

T DRILLS NEXT THE FENCE – CORNER FENCE

Purpose:

Forces batter to stay short in both the first third of the swing and the second third of the swing.

Setup:

Batter stands in corner of fence with the ball on a tee.

Execution:

1. Batter takes short, compact swing to hit the ball on the tee.

Coaching Tips:

- Have batters take slow motion to swing to determine how deep they can go into the corner for this drill.
- Youth players should start out just taking “dry land swings” with no ball and tee to get muscle memory for the drill.
- Players should take a 75% swing instead of a full swing in this drill.



Batter prepares to swing in the corner fence area. This is a great drill for players who get long in their swing.