

Lead Arm Drill

Purpose

Players learn and practice what the front or lead arm does during a swing.

Drill Setup

The player kneels on her back leg at the side of a tee.



How it Works

1. The batter gets down on her back knee, swings the bat and hits the ball off the tee using just her lead arm.

Coaching Tips

- When using the lead arm, the batter should focus on leading with the elbow, keeping the elbow and the wrist bent and going from high (shoulder) to low.
- The batter's torso should be kept straight – this will help her learn the importance of not dipping the bat on the swing.
- The swing should be short and compact and with a slight downward angle.
- The batter should unlock the shoulder, elbow and wrist in that order on the swing.
- With the one-arm drills, it is best to use a youth (16 or 17-ounce) bat.

Back Arm Drill

Purpose

Players learn and practice what the back arm does during a swing.

Drill Setup

The player kneels at the side of a tee.



How it Works

1. The batter gets down on her back knee and swings the bat and hits the ball off the tee using just her back arm.

Coaching Tips

- When using the back arm, it's important for the batter to keep a firm wrist and arm to keep the barrel higher than the hands as it comes through the contact area.
- On the swing, the batter should come down through the ball instead of dropping the bat first and then coming forward on a level plane.
- Raise the tee higher to test the batter's wrist strength.
- With the one-arm drills, it is best to use a youth (16 or 17-ounce) bat.

Tee Drill

Purpose

Players practice their swing.

Drill Setup

The player sets up next to a tee.



How it Works

1. The batter gets into her normal stance and swings and hits the ball off the tee.
2. The tee should be raised and lowered and moved to different locations to represent different types of pitches.
3. Another way to run this drill is to hit to a specific zone in the field – middle, right side or inside (right-handed batter.) The next progression would be for a partner to call out the zone to hit to as the batter strides.

Coaching Tips

- Players should be striving to make square contact with the ball and to hit hard line drives off of the tee.
- The head should be kept level with eyes locked onto the ball. After the swing, the eyes should stay on the tee and not follow the ball.
- Stress the three phases of hitting – the stride, the pivot and the swing. Maintaining balance throughout is a key to success.
- With the tee drill you can use a standard bat and ball. You can also use a youth bat, a short barrel wood training bat, the thunderstick, golf balls, wiffle balls and more to change up the difficulty and emphasize particular hitting fundamentals over others.

Double Tee Drill

Purpose

Teaches batters to be on time and hit the ball where it is pitched.

Drill Setup

The player sets up next to two tees. Each tee has a ball on it.

How it Works

1. A ball is placed in each tee and the batter swings and hits the balls.
2. The batter's goal is to drive both balls into the net in front of the tees.

Coaching Tips

- Hitters who swing late or who pull the ball may have difficulty hitting both balls soundly. Stress patience.
- This drill requires players to focus and make a perfect swing otherwise the balls could go all over the place.



Self Toss Drill

Purpose

Teaches batters rhythm and gets them more familiar with the contact point.

Drill Setup

The player sets up anywhere on the field with a bat and some balls.



How it Works

1. The batter tosses the ball into the air and hits it as it comes back down.

Coaching Tips

- Hitters should be taking note of where they need to toss the ball to hit it to particular areas when it is deep in the zone – these contact points can help them better understand what is going to happen in a game when they hit pitches in certain locations and depths.
- In this drill, hitters should also be focusing on creating a hitting rhythm so in games they don't just stand and chop at the ball.
- A common problem for many batters is meeting the ball out in front. This drill can help them learn to hit the ball deeper in the zone.