

# SINGLE T DRILL

## Purpose:

- Teaches precision in hand-eye coordination as player must focus on smaller and smaller target.

## Setup:

- Batter assumes normal batting stance next to a ball on a tee. Coach is nearby to critique player's swing.

## Execution:

- Batter starts out with a 12-inch softball and takes normal swings.
- Batter should use an adjustable tee or where she sets up to simulate inside, middle and outside pitches.
- After, taking a set number of swings in each zone, batter next uses an 11-inch softball and repeats the process.
- Batter finishes up the drill using a 7.5 inch baseball.

## Coaching Tips:

- Make sure that each swing the batter takes is a quality swing with high concentration, focus and effort.
- One tip to improve focus is to have the player not just focus on the softball but instead focus on a particular seam or a mark or "wart" on the ball.



Above, player prepares to hit a 12-inch softball. Below, player uses a 7.5 inch baseball in this drill



# SHORT BAT TRAINING (28-INCH BAT) T DRILL

## Purpose:

- This drill helps the offensive player work on being on time based on where the pitch is located. A common problem in softball is a batter being out in front of the pitch, which causes them to lose power.

## Setup:

- Tee is placed to simulate an inside pitch.

## Execution:

1. Batter gets into stance with a 28-inch bat.
2. Batter swings at a 12-inch softball that is placed on the tee.
3. After a set number of swings, batter switches to an 11-inch softball.

## Coaching Tips:

- Players need to keep their hands inside and focus on not hooking the ball.



Batter uses 28-inch bat in this drill. The tee is placed to simulate an inside pitch.

# SHORT BARREL T DRILL

## Purpose:

- Helps batters learn to keep their hands inside the path of the ball and how to get the barrel of the bat on the ball.

## Setup:

- Place tee to simulate an inside pitch. Batter gets in normal stance holding the short barrel bat (SB401).

## Execution:

- 1. Batter starts out hitting the 12-inch softball, then switches to the 11-inch softball before finishing up with the 7.5 inch baseball.

## Coaching Tips:

- When players are making good contact with the barrel of the bat the ball will come out cleanly. If the player is off in her aim and fails to keep her hands inside the ball she may feel uncomfortable reverberations in her hands.



Here is the short barrel SB401 bat.



Player used the short barrel bat to hit a 12-inch softball off a tee set up inside.

# SHORT BARREL T DRILL - FRONT

## Purpose:

- Players work on keeping their hands inside the ball and hitting the inside pitch with the sweet spot of the bat.

## Setup:

- Player gets in normal batting stance holding the short barrel (SB401) bat. The tee is set up to simulate an inside pitch.

## Execution:

1. Batter starts out with a 12-inch softball, then proceeds to an 11-inch softball and then a 7.5 inch baseball.

## Coaching Tips:

- The majority of softball players pull the inside pitch either foul or as a ground ball to the third baseman. Make sure the hitter is keeping their hands inside the ball for a long period of time so she can hit the ball with power in fair territory instead of hooking it foul.



Batter finishes up this drill by hitting a 7.5 inch baseball.

# BALANCE DRILL

## Problem:

- This is a stride board and freeze drill that emphasizes balance during the swing, which is one of the most important factors for becoming a better hitter. Players must stay on the ball and not pull away or dive in to remain balanced on the board.

## Setup:

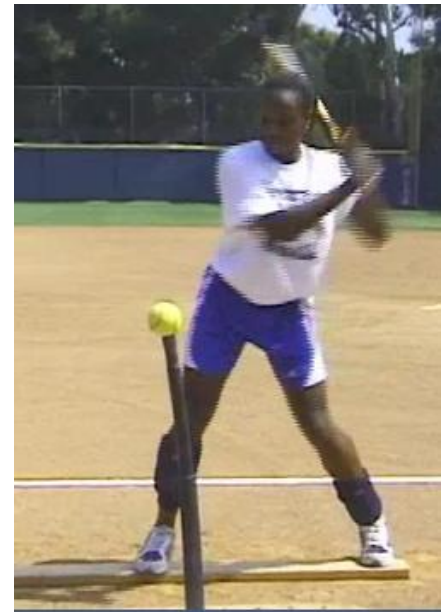
- Place a 2X6 board in the batter's box.

## Execution:

1. Batter assumes normal stance while standing on the 2X6 board.
2. Batter goes through normal swing focusing on remaining balanced the entire time.

## Coaching Tips:

- In addition to hitting the softball of a tee, player should also go through a series of swings where she stops and freezes in her follow-through to further test a player's balance in her swing.
- Drill should be done in tennis shoes.



Player begins her swing while balancing on board placed in batter's box.

# BALANCE AND JUMP DRILL

## Purpose:

- Helps improve the balance of the batter.

## Setup:

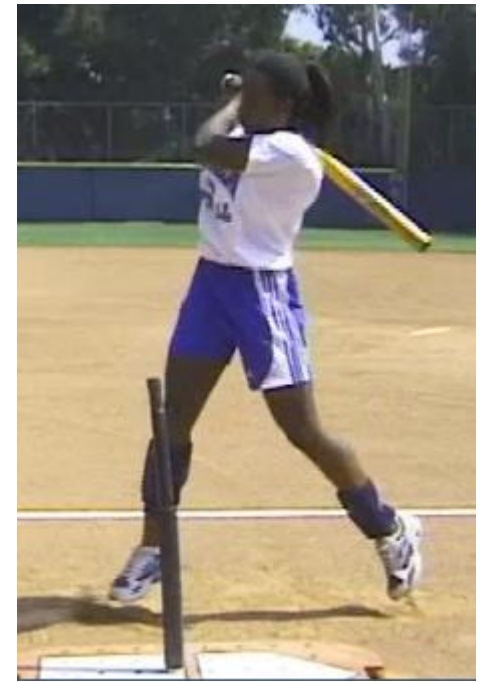
- Batter stands in batter's box with ball on a tee over home plate.

## Execution:

1. Batter takes normal swing and hits ball off tee.
2. At finish of swing, batter jumps up vertically.

## Coaching Tips:

- If the batter does not remain balanced through her swing she will not be able to jump vertically. Make sure player doesn't "cheat" and shuffle feet to regain balance in order to jump.



Player hops up vertically at the end of her swing to test her balance.

# BLIND DRILL

## Purpose:

- This drill also helps improve balance while also increasing the body awareness of the batter.

## Setup:

- Batter stands in batter's box. Softball placed on a tee.

## Execution:

1. Batter hits the first ball.
2. On the next ball, batter closes her eyes and attempts to hit it.
3. Process continues with batter keeping her eyes opened for one swing and then closing them on the next swing.

## Coaching Tips:

- Make sure batters are keeping their eyes closed when they are supposed to and really trusting their bodies to repeat the action of hitting the ball.



Batter hits the ball with her eyes closed.

# STRIDE BOX

## Purpose:

- Teaches batters to maintain a short stride and balance during the swing. A common problem many batters face is opening their toe and consequently their hips during the stride phase of the swing.

## Setup:

- Nail the stride box into the ground. Coach stands off to the side to watch form.

## Execution:

1. Player takes normal swing, using stride box to ensure that front foot stays closed during the swing.

## Coaching Tips:

- The batter's front foot, or stride foot, should remain pointed toward the opposite batter's box.
- This is an excellent drill for someone who opens up or is a toe-pointer toward the pitcher.
- The toe should eventually open up but not until the hips snap open during the swing.



The stride box.



Player uses the stride box.



# DOUBLE T DRILL

## Purpose:

- Emphasizes proper contact point and that the batter hits through the ball.

## Setup:

- Set two tees up together.

## Execution:

1. Batter steps into batter's box and takes her normal swing. Hitting the first ball into the second ball so that both balls go out into the field. Batter should focus and hit through the first ball.

## Coaching Tips:

- Front elbow should have a slight bend, extending and straightening out as the arm goes through the hitting zone.
- If second ball goes straight up, that means batter topped off the first ball (hit it high). If it goes to one side, the batter didn't hit the first ball squarely and instead caught too much of the edge of the ball.
- Make sure batters aren't pivoting too early or "spinning out"



Batter prepares to swing during the Double T Drill.

# HIGH/LOW DRILL

## Purpose:

- Teaches batter to keep the bathead high (higher than the hands) until she is ready to make contact.

## Setup:

- Set two tees up together. The second tee is higher than the first tee.

## Execution:

1. The lower first tee forces the batter to keep the barrel high when swinging.
2. The object is to miss the first ball and hit the second.

## Coaching Tips:

- If you are busy, this drill can be run without coach supervision because the batter will instantly know if she has failed to keep the bathead high if she hits the first ball.



This drill forces the batter to keep the bat head high.

# HITTING THE OUTSIDE PITCH

## Purpose:

- Helps players learn how to hit the outside pitch.

## Setup:

- Uses two tees, the back one is setup outside and the front is set up middle-in. The front tee is set slightly higher than the back tee.

## Execution:

1. The player hits the back outside ball without making contact with the front ball that is setup middle-in.

## Coaching Tips:

- Watch that the player is making strong contact and driving the ball to the opposite field.
- The key to hitting with power to the opposite field is to let the ball get deep into the zone.



Above, proper tee set up for this drill. Below, the batter works on hitting the outside pitch.



# HITTING THE INSIDE PITCH

## Purpose:

- Teaches player to hit the inside pitch.

## Setup:

- Setup two tees. The back one should be in the middle of the plate and set lower than the other tee. The front tee is set up on the inside part of the plate.

## Execution:

1. Batter tries to hit the ball off the front tee without hitting the ball on the back tee.

## Coaching Tips:

- Batter should focus on having a short, compact swing and keeping her hands inside the ball to hit for power and consistency.
- If the batter has a tendency to “cast out” or wrist extend to soon, she will knock the first ball off when swinging.



At top, player prepares to hit inside pitch. At bottom, player follows through after hitting ball.

# T DRILLS NEXT TO THE FENCE - SIDE FENCE

## Purpose:

- Forces batter to stay short as she brings the barrelhead through the strike zone.

## Setup:

- Place a ball on a tee near the side fence. Batter should hold the bat against her belly button and have the other end touch the fence – that's the distance she should be from the fence. The tee should be located in the center of the bat.

## Execution:

1. Batter hits the ball off the tee into the net being careful not to hit the side fence during her swing.

## Coaching Tips:

- If the player casts during the early part of the swing where her hands go out and the bat sweeps through the zone, she will hit the fence. If she stays short during her swing, she'll make proper contact with the ball.



Batter aims to make solid contact without hitting the side fence in this drill.