

# PRACTICE WITH MULTIPLE HITTING STATIONS

## Purpose:

Allows players to get in a lot more swings during practice – improving their timing, fundamentals, power, batting eye and much more.

## Setup:

Setup stations where you have room on the field – for example, down the first base line.

## Execution:

### Station 1:

1. Player practices bunting.
2. Player wants to watch the ball hit the bat.

### Station 2:

1. Player hits off a tee.
2. Helps player perfect her swing.

### Station 3:

1. Uses Personal Pitcher to automatically pitch balls to batter.
2. Player focuses on hitting a smaller ball, works on hitting fundamentals.

### Station 4:

1. Player uses small web glove to catch small balls (ping pong ball size or smaller)
2. Improves concentration and hand-eye coordination.

*(Continued)*



Players participate in hitting stations set up down the first base line. At Station 1, in the forefront of the photo, the batter works on bunting.



Player practices hitting with a Personal Pitcher Pitching Machine at Station 3.

## PRACTICE WITH MULTIPLE HITTING MACHINES CONT.

### Station 5:

1. Tie string with proper swing trajectory (up or down) on fence.
2. Player practices her swing making sure to bring the bat through the hitting zone while following the line.

### Station 6:

1. Player uses special curved bat to practice not rolling her wrists when she swings.
2. Helps players keep their swing flat through the zone.

### Station 7:

1. Drop drill – coach uses device to drop the ball in front of batter who attempts to hit it into a net
2. Helps create a quicker swing

### Station 8:

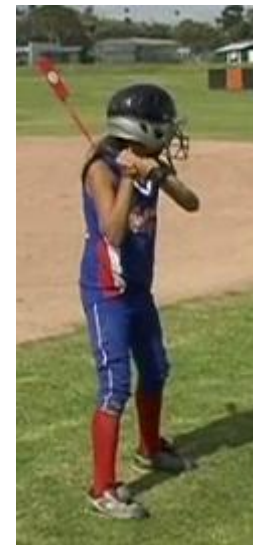
1. Retractable Drill – this is a simple toss drill but with the retractoball the coach doesn't have to worry about gathering hit balls or setting up a net
2. Players work on timing the pitch or toss

### Station 9:

1. Player works on hitting a small ball with a thin bat.
2. Improves focus and concentration

### **Coaching Tips:**

- Be sure to go station to station offering tips and critiquing players' swings.
- Make sure players are focused and moving quickly from station to station to get the maximum swings possible during practice.



Player uses special curved bat at Station 6.



Player at Station 7 gets ready to swing.

## DRILLS FOR DIFFERENT HITTING STYLES

### Purpose:

This drill helps players develop good hitting fundamentals so that they are properly rotating their hips and pointing their knee and belly button toward the pitcher when swinging.

### Setup:

This drill can be performed anywhere on the field. Simply place a ball on the outside of the batter's back foot.

### Execution:

This drill can be performed two ways depending on the hitting style you prefer.

#### Option 1:

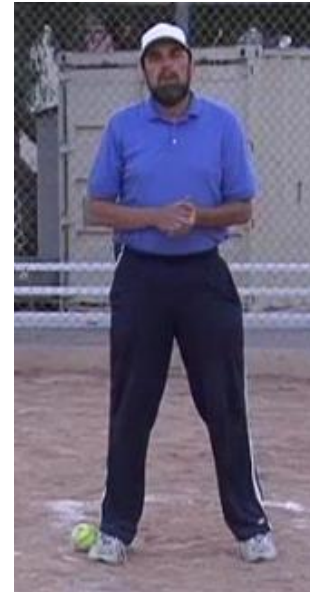
1. Player practices her swing lifting her back heel as she rotates her hips and turns her back knee toward the pitcher.
2. In this option, the ball should not move.

#### Option 2:

1. The player rotates her hips as in option 1 but does not lift her back heel above the ball, instead spinning the heel quickly to the outside.
2. The foot should make contact with the ball causing it to roll away.

### Coaching Tips:

- Watch for proper hitting fundamentals in this drill, particularly good hip rotation so that the back knee and the player's belly button end up pointed toward the pitcher.



Start this drill by placing the ball on the outside of the foot.



In this version of the drill, the ball is not supposed to move.

## TOSS INTO THE NET DRILL

### Purpose:

Players work on swing fundamentals by tossing balls into a net or against a fence.

### Setup:

Have player stand in their batting stance in front of the net or fence with a softball in each hand.

### Execution:

1. Get in batting stance only instead of holding a bat, player holds a softball in each hand.
2. Player takes swing, tossing the softballs into the net or against the fence.

### Coaching Tips:

- The way the player's hands move during this drill will be determined by the swing style you are teaching, linear or rotational. With linear, the player's top hand moves down and the bottom hand goes straight through the zone. With a rotational swing, player brings her elbow into the body and rotates the ball through the zone.



In photos at left and below, coach demonstrates this drill using a linear batting style.



## SLOW PITCH DRILL

### Purpose:

This drill helps batters develop focus and concentration and also prepares them to face slower pitchers who tend to throw a lot of changeups and off-speed stuff.

### Setup:

Coach stands on opposite side of fence from batter. You can use smaller balls, wiffle balls, softballs or other similar balls for this drill.

### Execution:

1. Coach tosses ball over the fence to the batter.
2. Batter swings at ball and tries to hit it into the fence.

### Coaching Tips

- Tossers should try to toss the ball out in front of the batter.
- Batter should use good hitting fundamentals with head down and proper hip rotation.



In this drill, the “tossers” tosses the ball over the fence to the batter.

## BOUNCE TENNIS BALL DRILL

### Purpose:

This drill helps batters improve their concentration and timing.

### Setup:

Coach stands in front and to the side of the hitter by a fence.

### Execution:

1. Coach bounces the tennis ball to the batter.
2. Batter takes her normal swing and hits the ball into the fence.

### Coaching Tips:

- Watch for proper hitting form with good follow-through and proper finishing form.



In this drill, the coach bounces the tennis ball to the batter. It's a great drill for improving timing and focus.



## BATTING TEE DRILL

### Purpose:

Helps players learn to hit the ball perfectly.

### Setup:

Place the batting tee on home plate or in another location on the field.

### Execution:

1. Player gets in normal batting stance and practices hitting the ball solidly while executing her swing perfectly.

### Coaching Tips:

- Make sure players are using proper form. If they can't hit the ball solidly while it is sitting on the tee, they won't have much of a chance at all when it is coming at them with speed and movement.
- Players should be focused and using maximum concentration during this drill.



Player perfects her swing by hitting off a tee.

# RETRACTOBALL DRILL

## Purpose:

Players are able to get in more practice swings because they or the coach don't have to gather up all the balls after they have been hit.

## Setup:

You can use the Retractableball with a tee or for toss. With a tee, place the handle of the retractoball device down on the tee. For toss, the coach will hold the handle.

## Execution:

1. Coach tosses the ball or the batter swings at the ball on the tee.
2. The hit ball is automatically returned thanks to the retractoball device, which is basically a ball attached to a handle by an elastic cord.

## Coaching Tips:

- Players should be watching their bat hit the ball. Maintaining focus and concentration is essential to good hitting.



Above, player takes swing as coach uses retractoball device. Below, the retractoball device.





# WHEELER DEALER SOFT TOSS MACHINE

## Purpose:

Allows batters to take multiple swings without coaches having to kneel and bend over and gather up baseballs.

## Setup:

Have batter stand in front of fence with the pitching machine off to the side.

## Execution:

1. Turn machine on and select height and speed settings.
2. Machine pitches ball.
3. Batter swings at ball and attempts to drive it into the fence.

## Coaching Tips:

- Make sure kids focus on the ball.



Above, coach uses Wheeler Dealer machine. Below, a closeup of the machine.

