



JR. SEAWOLVES ACADEMY HITTING DEVELOPMENT HANDBOOK

Building Confident, Competitive, and Resilient Hitters

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**HE WHO SWEATS MORE IN TRAINING BLEEDS LESS IN WAR
- SPARTAN SAYING**



MISSION & PHILOSOPHY

Develop competitive, confident, and mechanically sound hitters through a structured, age-appropriate system that emphasizes long-term development, mental toughness, and accountability

- Focus on process over results
- Train hitters to compete with intent
- Build consistency through routines
- Encourage adjustments, not just fixes
- **WE ARE THE 7%! WE ARE NOT NORMAL! EMBRACE IT!**

CORE HITTING BELIEFS

HITTING SUCCESS = ON TIME + INTENT + BARREL

- Every player can learn to be competitive
- Mechanics are for practice not games.
- Game time = Out compete your opponent
- Mental approach is just as important as mechanics
- Hitting is a critical part of our basis as baseball athletes. We must fully understand the strategy of the game.
- We are more than 5 Tool Athletes! WE ARE 7 TOOL ATHLETES!

EVERYDAY WE WORK ON:

1. QUALITY AT BATS. Don't go down without a fight! Rack up pitchers' counts. Hunt your pitch.
2. HITTING FOR POWER. Did you get stronger today! What is your plan to hit the ball hard?
3. TRAINING FOR SPEED. Be explosive and fast! This gets you out of the box quickly.
4. THROWING ABILITY. Hit your target! Be able to field and throw anytime.
5. FIELDING ABILITY. Make the routine catches be 2nd nature and go for the highlight reel catches with reckless abandon. Leave it all out there.
6. MENTAL ABILITY. Learn to calm your mind. Breathe. Be easy. What is your pregame plan?
7. SPIRITUAL LEADERSHIP. We all affect each other. Be the teammate that lifts others up and inspires. Don't be toxic and self-centered. This game rewards people when they play for each other. Learn this and learn the keys to life.

Matthew 7:13-14 "For the gate is small and the way is narrow that leads to life, and there are few who find it"

BE THE BEST VERSION OF YOURSELF THIS DAY AND SHOW THAT IN THE BOX AND ON THE FIELD!



AGE-BASED DEVELOPMENT & MENTAL APPROACH

Age Group	Development Focus	Mental Approach
8U–11U	• Athletic setup, confidence, contact • Contact > power • Swing at strikes, be aggressive	• Be aggressive have fun, hunt your pitch. • Attack FB's over the plate early and often • <i>Tools: Breathing routines, between-pitch resets, self-talk, reset stickers, mantras</i>
12U-18U	• Hunt FB's and have adjustability • Situational hitting • Game performance, identity, data-driven adjustments • Advanced AB strategy	• Plan per count/pitcher, flush failure • Execute a personal hitting identity, compete every pitch • <i>Tools: Breathing routines, between-pitch resets, self-talk, reset stickers, mantras</i> • Develop a pregame plan mentally and physically

HITTING TERMINOLOGY

- **Load (Stacked):** Pre-swing movement to build tension and rhythm
- **Launch Position:** Balanced position after stride, before swing
- **Counter Rotated** - Upper half is stretching against the lower half as you move forward
- **Barrel Awareness:** Knowing where your barrel is through the zone
- **Approach:** Your mental plan for the at-bat
- **Timing Window:** Where your barrel is in the hitting zone as the pitch is on its way
- **Swing Decision:** The brain's yes/no signal to swing
- **Bat Path:** Direction the barrel travels through the zone

PREPARATION + OPPORTUNITY = LUCK.

MAKE YOUR OWN LUCK. KNOCK THAT DOOR DOWN.



COACH & PLAYER EXPECTATIONS

Coaches Will	Players Will
Teach in consistent language	Take every rep with intent
Give positive, corrective feedback	Learn strengths and weaknesses
Reinforce routines	Be coachable, hungry, accountable
Put the team first	Play for each other and be selfless
Push players in situations that develop gritty players. We do not want cage divas or 5 o'clock hitters. WE WANT GRINDERS!	Become a gritty player. This is a simple formula Meaning x effort = GRIT. What are you playing for? Find your meaning and take your effort to another level.
Develop the mental game with the players. Players need to play free and not in fear. Encourage them to find their own voice	WHAT IS YOUR PREGAME PROGRAM? GET MENTAL!

PRACTICE STRUCTURE & DRILL BANK

INDIVIDUAL SESSIONS (ACADEMY SESSIONS): THIS IS WHERE PLAYERS GET BETTER AND DEVELOP!!! Directors will change trainings weekly and focus will be on small group drills that go over the following. Players will rotate through each station. Focus on fundamentals is critical! Doing these in fun game like competitions brings out competitive fire in the teams. Following is a sample session. Details on each session will be listed in the weekly curriculum:

Time	Activity	Focus
10 min	Warm-up + movement prep	Activate body, prepare for swings
10 min	Tee work	Mechanical focus
20 min	Front toss/machine	Timing & barrel awareness
10 min	Situational BP	Situational hitting
10 min	Competition/Live ABs Drill	Game-like reps

KNOWLEDGE IS POTENTIAL POWER.

TAKE ACTION AND MAKE THAT KNOWLEDGE REAL POWER!



TEAM SESSION (TEAM PRACTICES): This brings the team together and is lead by the team coach to work on team defense or other team drills. Following are a few examples. Coaches will get the teams talking during these sessions and let them get loud and have fun.

- I/O
- Base running
- Star drill
- Directional hitting
- 4 corners drill
- Bunt defense

**BE ACCOUNTABLE FOR YOURSELF, OTHERS AND YOUR TIME.
PRACTICE WITH PURPOSE AND PLAY WITH PASSION.**

HITTER EVALUATION & TRACKING

- Key Metrics: - Contact rate (8U–11U)
- Exit velocity (12U+) - Hard-hit %, Quality ABs - Situational execution Use monthly evals (ex. blast motion/hittrax, video, stats)

PARENT EDUCATION & COMMUNICATION

- Training is built for the long game, your stats at 12U have no bearing on if you play in college.
- Support finding a process, not just outcomes.
- Baseball is fun, help them enjoy the game so they stay in it.
- Help them get comfortable being uncomfortable. It takes 63 days to develop a habit. Support them and keep them working.
- Enjoy your time with your son. These are moments you will never get back. Do not lose perspective that these times are fun and your son will be stepping into an arena that most men never will. Trophies and accolades come and go, but watching your son grow into a good man through hard work is our life's greatest work as parents.
- Let your athlete **BE FREE OF FEAR AND BE DANGEROUS.**

Philippians 4:6-7 Be anxious for nothing, but in everything by prayer and supplication, with thanks, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard you.

**WE>ME. WHATS YOUR ACT OF SERVICE? THIS GAME REWARDS YOU
WHEN YOUR PLAYING FOR EACH OTHER.**

ROMANS 12:10"Be devoted to one another in love. Honor one another above yourselves."



SAMPLE DRILLS/PLANS (TO BE USED WITH WEEKLY CURRICULUM)

“SEE THE BALL BE EASY. SAY YES YES YES UNTIL MY EYES SAY NO.”

HITTING DRILLS - Hitting needs to be coached specifically to the player. Each athlete is at different levels of hitting and will need development on different techniques. The following drills can all be done with a tee in limited space.

- BASIC SEQUENCE FOR HITTERS: This provides the language to use with hitters. We want them LOADING to LAUNCH. Make sure athletes have the correct sequence and form (hips then hands) <https://www.youtube.com/watch?v=hdrSIEcbbM>
- BUILDING HIP LOAD: <https://www.youtube.com/watch?v=Sx-nSeUhACM>
- PVC Posture drill: https://www.youtube.com/watch?v=p7B12g_o4pQ
- Staying on the ball: <https://www.youtube.com/watch?v=nqrEjXVRfBc>
- Back knee down drill: <https://www.youtube.com/watch?v=m74alEFc8FE>
- Staying Connected: https://www.youtube.com/watch?v=1f31IG_NF-I

Tee Drills (Constraint Drills - Consistent contact - Barrel Awareness)

-In constraint drills set it up for them, tell them the desired flight of ball in the cage and get out of the way. Let the younger guys work through it.

- Open/Closed 45's <https://www.youtube.com/watch?v=nqrEjXVRfBc>
- Flamingo https://www.youtube.com/shorts/FSGpw22Ca_E
- No stride https://x.com/tx_pierce/status/1708209407505355148
- Hook Em - <https://x.com/DrivelineYouth/status/1602859895644209152>
- Flips
- Walk Through <https://x.com/DrivelineYouth/status/1956142543374311763>
- Offset Angled Flips - Big part of the field
<https://x.com/XenPenny/status/1766116010984427871>
- Mixed (On a line or loopy)
- Long Bat/Short Bat/One hand drills

Machine Drills

- Middle-Middle FB, FB Away, FB In
- Angled to back leg w/ light flight balls (Slower so they don't get hit)
<https://x.com/XenPenny/status/1898072508328558836>
- Angled for away pitch
- Compete day - Use light flight balls you can spin, you can turn up the velocity, just challenge them.
- 2 Machine mix (FB + Off-speed, Have a plan)
<https://youtu.be/SWF58pw0Pps?si=r8VUINRC3N6fpFTI>



RESOURCES & CONTINUED LEARNING

Coaches:

- Driveline
- X/Instagram/Youtube Follows
 - (1) Outfronthitting
 - (2) TJ Hannam
 - (3) Driveline
 - (4) Brandon Guyer MLM
 - (5) Optimal Power Performance
<https://www.youtube.com/@optimalpowerperformance/featured>
 - (6) Hitting Done Right
- Books: The Mental Game of Baseball, Heads-Up Baseball

Players:

- Hitting and performance journal – 85% of MLB players keep a journal that includes drills, daily metrics, words of affirmation and gratitude. This provides positive feedback through progression.
- Video feedback – This should be taken weekly during the year to see the development.
- Homework drills – see weekly curriculum and copy weeks lesson
- Private instruction – Academy classes provide group training. If athletes are behind then they will need a tutor to catch up or learn specific higher-level techniques in detail.

**CHANGE YOUR NARRATIVE TODAY.
WHAT ARE YOU TELLING YOURSELF?
BE AWARE!**

**CARRY THE WARRIOR MENTALITY.
DONT BE A VICTIM AND DEFAULT TO MEDIOCRITY.**