

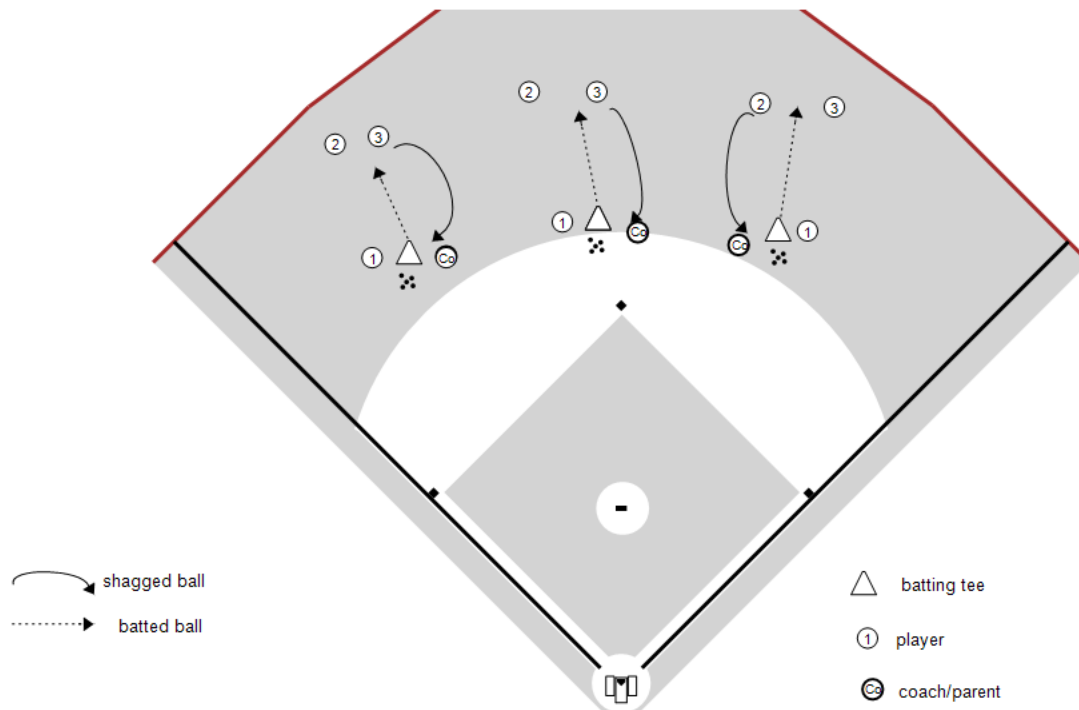
Title : Basic Hitting

Category #1 : Skills

Category #2 : Hitting

Content elements:

Components :



Key Points :

Proper Hitting Technique

Tons of Reps

Error Corrections

Shag away from hitter

Description

Objective:

- This is a fundamental hitting station that can be done at every practice, anywhere on the field. The use of a tee allows for error correction and swing adjustments (by raising/lowering tee)

Equipment/Setup:

- 1 tee, 1 bat, 1 coach and minimum 5 balls for every 3 players...Max Reps
- Use of wiffle balls recommended for safety and ease of retrieval.
- Helmets and Gloves for shaggers in the field

Execution:

- Player 1 sets up in proper batting stance, coach/parent loads ball on tee
- Player 1 hits ball towards shaggers...tee's should be placed so groups aren't hitting at each other
- Players 2 and 3 shag balls and retrieve them towards the coach...Should NOT interrupt batter
- Switch players every 2-3 mins (or 15-20 swings)

Key Points:

- Grip, stance, load and swing should be demonstrated and practiced BEFORE tee is introduced
- Batting Tee work should be done from TBall to the pro's.
- Correct errors...don't let the players swing away, even if they are hitting the ball
- Proper technique is essential, and should be prioritized over making contact
- Adjust the height of the tee constantly...don't let kids swing on the same plane all the time