

Hitting: A Simplified Approach
Youth Coaches Clinic 2005

- I. Overview
 - a. Primary objective: Keep it Simple
 - b. Swinging v. Hitting
 - c. Three things you should know when you leave today
 - i. Three basic parts of the swing
 - ii. Understanding of the most basic concept of hitting
 - iii. 6 drills that should be incorporated into your practice routine

- II. The Swing
 - a. Balanced/Workable Set-up
 - b. Uncommitted Stride and Separation
 - c. Ground-up rotation

- III. Hitting: The first step
 - a. Pitchers are trying to disrupt your timing by throwing pitches with different “speeds, spins, and locations”
 - b. Touch on pitch recognition (eyes on log or box)
 - c. *What should a hitter do to adjust to these pitches?*
 - i. Solicit answers
 - ii. Nothing different about the stride
 - iii. WAIT
 - d. Different pitches
 - i. Inside fastball = early
 - ii. FB down middle = wait a little longer
 - iii. Outside FB = wait
 - iv. Change-up = wait
 - v. Curve ball = wait
 - e. The problem is, we practice being early almost exclusively
 - i. Suggestion
 - 1. Make a certain # of swings during batting practice “opposite field swings”. Focus on trying to hit the ball the other way.

- IV. Drills for everyday practice
 - a. Basic Tee Work
 - b. Inside-Middle-Away tee work
 - c. Split-Stride or No-Stride tee work
 - d. Basic soft-toss
 - e. Two-Ball toss
 - f. Change-up toss