COACHING HITTING

MANUAL, DRILLS & PRACTICE PLAN

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### KEY HITTING MECHANICS CHECK POINTS

<table>
<thead>
<tr>
<th>Loading on Inner Blade of Back Foot</th>
<th>Getting to the Power V Position</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Loading on Inner Blade" /></td>
<td><img src="image2" alt="Getting to Power V" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Getting to a Good Hitting Slot</th>
<th>Having Bat Lag</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image3" alt="Getting to Hitting Slot" /></td>
<td><img src="image4" alt="Having Bat Lag" /></td>
</tr>
<tr>
<td>BACK ELBOW CONNECTED TO BACK HIP AT CONTACT</td>
<td>HANDS PALM UP/PALM DOWN AT CONTACT</td>
</tr>
<tr>
<td>--------------------------------------------</td>
<td>------------------------------------</td>
</tr>
<tr>
<td><img src="image1" alt="Image" /></td>
<td><img src="image2" alt="Image" /></td>
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<table>
<thead>
<tr>
<th>GETTING OFF THE BACK SIDE</th>
<th>HITTING AGAINST A FIRM FRONT LEG</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image3" alt="Image" /></td>
<td><img src="image4" alt="Image" /></td>
</tr>
<tr>
<td>STAYING ON THE BALL WITH GOOD EXTENSION</td>
<td>MAINTAINING BALANCE AFTER CONTACT</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>---------------------------------</td>
</tr>
<tr>
<td><img src="image1" alt="Image of player in red uniform" /></td>
<td><img src="image2" alt="Image of player in white uniform" /></td>
</tr>
<tr>
<td><img src="image1" alt="Green arrow pointing to player's leg" /></td>
<td><img src="image2" alt="Green circles highlighting player's feet" /></td>
</tr>
</tbody>
</table>
OTHER THINGS TO TEACH AND LOOK OUT FOR

<table>
<thead>
<tr>
<th>SWING DOWN AND OUT</th>
<th>LET THE BALL TRAVEL DEEP ON AN OUTSIDE PITCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>(LIKE AN AIRPLANE LANDING)</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>BENDING FRONT ARM ON AN INSIDE PITCH</th>
<th>AVOID BAT DRAG</th>
</tr>
</thead>
</table>

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AVOID SQUISHING THE BUG

AVOID CASTING HANDS OUT AWAY FROM BODY

AVOID BAT WRAPPING BEHIND HEAD

AVOID FRONT SHOULDER FLYING OPEN
6 DIFFERENT CONTACT POINTS INSIDE (1) TO OUTSIDE (6)

9 DIFFERENT HIT ZONES (USEFUL WHEN WORKING ON DIFFERENT PITCHES WITH HITTERS)

HIT THE INNER HALF OF THE BALL

6 STEPS TO A SOLID MENTAL APPROACH

1. WHERE ARE THE RUNNERS?
2. HOW MANY OUTS ARE THERE?
3. WHERE DO I WANT TO HIT THE BALL ON THE FIELD?
4. WHAT IS THE COUNT?
5. WHAT PITCH DO I WANT TO HIT?
6. WHAT LOCATION DO I WANT THE PITCH TO BE?
HITTING DRILLS

TEE DRILLS

• Top Hand Drill
  o Grip bat with only your top hand at the top of the grip area.
  o Focus on staying palm up at contact and extending palm up through the ball and out towards the pitcher.

• Bottom Hand Drill
  o Grip bat with either only your top hand or your bottom hand at the top of the grip area.
  o Top hand- Focus on staying palm up at contact and through the ball.
  o Bottom hand- Focus on staying palm down at contact and through the ball.

• Push Down Drill (A-Rod Drill)
  o Flip top hand over and place closer to barrel.
  o Push bat down and through the zone
  o Working on: extension, staying through the ball and keeping front shoulder in.
• **Start-It Drill**
  - Start with your hands engaged in the good hitting slot (barrel up by shoulder)
  - Extend down and through the zone.
  - Focusing on being short and quick and keeping hands and barrel above the ball.

• **Tall Tee Drill**
  - Start with tee at top of strike zone, bat resting on shoulder, only bottom hand on bat and feet standing only 6 inches from bottom of tee.
  - ‘Pull’ hands across body and then out through the zone.
  - If front shoulder flies open, barrel will drag and you will hit the tee.
  - If you don’t pull your hands across your body, you will hit the ball on the handle of the bat.

• **Lift & Crank Drill**
  - Lift front leg.
  - Crank leg back turning hips and loading weight on back leg.
  - Explode lower half through the ball with focus on back hip explosion.

• **Babe Ruth Drill**
  - Lift back foot at contact to make sure you are throwing all of your weight through the ball.
  - Babe Ruth hit with his back foot off the ground.
• **Cross Hands Drill**
  o Switch your hands on your grip and then hit.
  o If you pull off the ball and let your font shoulder fly open, the barrel will drag and you will hit the tee.

(See next drill for another variation)

• **Split ‘Em & Switch ‘Em Drill**
  o Switch your hands on your grip and then split them to really expose if you are staying on the ball or pulling off with your front shoulder.
  o If you pull off your barrel will drag and clip the tee.

• **Cross Over Drill (Happy Gilmore Drill)**
  o Start a couple steps back from the tee
  o Take a cross over step towards the tee.
  o After front foot plants, explode through the ball.
  o Focus on keeping weight in the middle of your body at contact and hitting against a firm or stiff front leg.
**Elvis Drill**
- Start in loaded position with front toe down, front heel up.
- Transfer weight to front side and ‘roll’ back foot over keeping front leg straight.

**Tulo Drill**
- Start with normal stance.
- Load weight back while taking a step back with front foot.
- Explode weight forward and through the ball.
- Focus on feeling your weight transfer through the ball, staying tall and hitting against a firm front leg.
OTHER HITTING DRILLS

• Stick in Cone Drill
  o Cut the top off a cone and place a thin piece of PVC pipe in the hole at the top.
  o If you get in a good hitting slot (hands moving out towards the pitcher, not down) you will miss the pipe.
  o If you let the barrel drag and back shoulder collapse, you will clip the pipe.

• Fence Drill
  o Stand about 1 1/2 -2 feet from fence facing it. (you can check distance by placing bat head on fence and knob of bat should be about in line with your back, NOT your stomach).
  o Swing full speed without clipping the fence with your bat.
  o Note: You must pull your hands in and across your body in order to swing and miss the fence.
  o To work on extension, pretend your bat has a paintbrush at the end of it and you are trying to paint the longest stripe possible along the fence.
# ‘Power Hour’
## Hitting Practice Plan

<table>
<thead>
<tr>
<th>Time</th>
<th>Drill</th>
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| 5 Min | Mental Approach To Hitting  
  • Introduce something new and repeat part of a previous one (repetition is key). |
| 5 Min | Dry Hack Drill(s)  
  • Elvis Drill  
  • 1,2,3 Break Down Drill  
  • Start it Drill- Inside/Outside  
  • Part of Swing Isolation  
    o Load  
    o Contact Points  
    o Extension |
| 30 Min | Stations (3 Min Each, 2 Minute Ball Pick Up In-Between Each)  
  1. Small Balls With Thunderstick or Pole  
  2. Fence Drill  
  3. Live  
  4. Tee Drills  
  5. Tee Drills  
  6. Soft Toss in OF Corner |
| 5 Min | Drink/Break |
| 5 Min | Pitch Recognition  
  • Coach pitching  
  • R/L hitter on either side of plate at same time.  
  • No bats in hand- One kid will accidentally swing…Oops!  
  • Kids calling out pitches as soon at they recognize.  
  • Make it competitive so they get points if they get the pitch right. |
| 10 Min | Competition  
  • Tee Game  
    o Set up a tee at home plate and if a hitter hits a line drive that carries through the infield, they get a point AND keep hitting.  
  • 2 Strike Protect Game  
    o Start hitting in a 3-2 count. Each time they foul off a strike or get a base hit, they get a point.  
    o Minus point for swinging and missing on a ball.  
  • Angle Hitting Opposite Field Game  
    o Set up L-screen opposite field (halfway between pitcher's... |
mound and foul line) and do front toss to outer half of plate.
  o If hitter hits a line drive to opposite field, they get a point AND keep hitting.
  o Minus point if hitter pops ball up or pulls ball.

- **Zone Attack Game**
  o Give hitter 3 zones to attack (see above diagram).
  o Each time they hit a line drive on a ball in one of those zones, they get a point.
  o Minus point for swinging at a ball out of those zones.

- **Execution Game**
  o Give each hitter a job (i.e. Hit & Sun, Sac Bunt, Slash, Drag, Push) and they get a point if they execute successfully.

- **Drive in the Runner Game**
  o Start each batter with runner(s) in scoring position and they get a point each time they drive in a runner.

- **Points Situational Hitting Game**
  o Start each batter with a situation (i.e. Man on 1st, 1 out) and each base reached safely, the team gets a point.