



## Key Hitting Drills for Success

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## ~ HITTING MECHANICS ~

The following description of hitting mechanics coincides with the idea that hitting is arriving on time, on plane with the ball, with your body in rhythm to ensure proper weight transfer. The drills listed are key drills that are designed to give the hitter a feel of how to do the mechanics correctly. The proper teaching of these drills will enable hitters to correct their own flaws as they develop a consistent swing.



## ~ HITTING MECHANICS ~

### **On Time -**

Consistent timing & direction of stride

Slow paced load & stride

Front foot down before release of ball

Front knee inside of front ankle

Front leg is rigid for resistance to create torque

Head over back knee

Athleticism & balance

Head/Eyes stay still, no drifting forward



## ~ HITTING MECHANICS ~

### **On Plane -**

Feel for location of barrel of the bat in load

Consistent launching point of hands

Initiation of swing – coordination of hands & back hip

Proper hand direction inside of the ball

Knob of the bat directly to the ball

Front arm action – elbow as “hinge”, not the shoulder

Back arm action – elbow leads hand and barrel – flatten swing path

Level bat through hitting zone

Consistent point of contact (depending on pitch location)

Power “V” with palm up/palm down at contact

Extension through the ball



## ~ HITTING MECHANICS ~

### **In Rhythm -**

Use of lower half in swing

Lower half rotation – coordinate back hip with hands

Proper weight transfer out through front side

Head/Eyes stay behind the ball

Shoulders rotate through contact

Wrists will turn over naturally

High follow through



## ~ HITTING DRILLS ~

### A. Clap Drill

1. Set-up and stride drill to separate stride & swing
2. Teaches how to stay back – “stride to go back...not to go forward”
3. Stride on 1<sup>st</sup> clap, swing on 2<sup>nd</sup> clap
4. Vary the timing of the claps
5. Open eyes vs. closed eyes
6. Incorporate with tee work



## ~ HITTING DRILLS ~

### **B. Balance Drill**

1. Lift front leg & hold in the air
2. Reach out with stride foot – gain leverage
3. Transfer weight through swing

### **C. Dry Swings**

1. Weighted bat – build strength
2. Light bat – increase bat speed
3. Normal size bat – get a feel for the barrel, know where it is at all times





## ~ HITTING DRILLS ~

### **D. 3 Way off the Tee**

1. Teaches proper points of contact & how to hit the diagonal
2. Pitch down the middle – point of contact is even w/front foot
3. Pitch outside – point of contact is behind the front foot
4. Pitch inside – point of contact in front of front foot
5. Hands must stay inside baseball at each point of contact
6. To pull inside pitch, keep hands in, get barrel to the ball by getting back hip to rotate, pull w/your back hip, not your hands



## ~ HITTING DRILLS ~

### E. One Arm Drill

1. Teaches proper action of arms in the swing
2. Break down mechanics and isolate each arm
3. Front arm – like a hinge in the elbow, not the shoulder – hand direction inside the ball, knob of bat down through ball
4. Back arm – elbow leads hand and barrel – power side, create flatter swing
5. Use small (one arm) bat
6. 12 to 15 repetitions for each arm separately
7. 12 to 15 repetitions alternating front arm then back arm
8. Looking for quality not quantity
9. Can do on knees (isolate arms) and standing (incorporate lower half and backside through the ball)



## ~ HITTING DRILLS ~

### F. Rhythm Drill

1. Hitter sways back & forth bringing bat up in rhythm
2. Keep good tempo & pace
3. Coach tosses ball as hitter continues rhythm & swings
4. Hitter keeps rhythm going after contact
5. Hand & bat get into good slot to launch
6. Hitter feels proper weight transfer through swing



## ~ HITTING DRILLS ~

### **G. Soft Toss**

1. Side soft toss (gives hitter deeper point of contact)
2. Front-side soft toss (makes hitter find point of contact)
3. Off-center Drill (hand direction drill to adjust point of contact)

### **H. Short Screen Batting Practice**

1. For indoor or outdoor cages or space
2. Gives hitters repetition of strikes for quality swings



## ~ HITTING DRILLS ~

### I. Progression Drill

1. To create consistency with Point of Contact
2. 1<sup>st</sup> Round – 10 hard hit ground balls to opposite field (let ball travel deep & hands down through the ball)
3. 2<sup>nd</sup> Round – 10 line drives to opposite field (over SS or 2<sup>nd</sup> baseman's head)
4. 3<sup>rd</sup> Round – 10 line drives from gap-to gap
5. 4<sup>th</sup> Round – 10 line drives from opposite field gap to pull side foul line (stay center oriented & react to balls in keeping hands inside the ball to keep it fair)
6. 5<sup>th</sup> Round – 10 line drives from foul line to foul line (hands will stay inside the ball & most balls will be hit up the middle creating a consistent point of contact & good hand direction)



## ~ HITTING DRILLS ~

### J. Batting Practice

1. Put hitters in groups of 4
2. Rotate groups on timed scheduled (15 minutes per group)
  - a. 1<sup>st</sup> Round – 2 Sac Bunts, 7 swings hard up the middle to opposite field
  - b. 2<sup>nd</sup> Round – Situational Hitting Round  
(2 Hit & Run, 2 Get him Over 2<sup>nd</sup> to 3<sup>rd</sup>, 2 w/R3rd INF in, 2 w/R3rd INF back)
  - c. 3<sup>rd</sup> – 4<sup>th</sup> Round – 5 swings, 3 swings
  - d. 5<sup>th</sup> – 6<sup>th</sup> Round – Hard Hit (batter stays until a hard hit ball – finish on a good note)