

Correcting Common Hitting Faults

Notes

1. Share philosophy with players.
2. Use a language that is common to all players. Be consistent.
3. Do not panic every time a player does not get a hit.
4. Use a rating system to rate quality at bats.
5. Goals should be utilized as process goals rather than outcome goals.

Coaching Points

1. Make suggestions after several repetitions.
2. Correct one mistake at a time.
3. Check vision first.
4. When correcting players, start with the base and work your way up. Many times mistakes can be corrected by checking grip, stride, and stance.
5. Do not clone hitters, stick to basic fundamentals.

Vision Drills

Causes: *Pulling head off ball*
 Not picking ball up out of P hand
 Staring, not using Soft Focus / Hard Focus

1. Panel Balls → call out color seen at contact
2. Dot Balls → use dots at different sizes and colors
3. Numbered Balls → put numbers on baseballs for players to call out
4. Golf Whiffles → smaller ball to focus on
5. 7.5" Ball → smaller ball to focus on (DO NOT USE GOOD BATS)

Lunging or Over Striding

Causes: *Being fooled*
 Timing is off
 Poor stride and weight never goes back
 Wanting to go get ball
 Muscling the ball instead of being quick

1. Dry Swing Stride Command
 Ready-Set-Stride-Pivot-Swing
 Ready-Swing
2. Bounce Drill → use tennis ball or softies; stride on regular P timing
3. Two Ball Toss → soft toss with two baseballs and call out first or second ball(up/down)
4. Soft Toss Holds → use holds during soft toss to see if hitter is lunging

Loop In Swing

Causes: *Grip*
 Back elbow out of track (beginning too high)
 Hitch in swing

1. Two-Tee in I formation → back tee higher
2. Mattingly Toss → toss between belt and numbers, drive ball down/level
3. 1-Hand Drills → focus on front hand or back at one time
4. Quick Bat → Fungoes
5. Open Hip Drill → whiffle series and with soft toss and short toss

Slow Bat

Causes: Bat too heavy
Swinging too late
Not swinging inside-out
No wrist snap, bars out, no hip pivot

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| 1. Wall Drill (use donuts) | → use bat and wall to develop quick inside-out swing |
| 2. Drop Toss | → shagger says stride and drops ball, can use 2 balls |
| 3. Pull Drill | → use hips to get bat through zone |

Hooks Ball (All Pull)

Causes: Not swinging inside-out
Muscling ball
Poor grip
Lunging to ball
Lead shoulder flies open creates a bar or bat cannot reach middle/away

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| 1. Open hip drill (whiffle ball series) | → stresses hands |
| 2. Top hand over drill | → stresses throwing knob to ball (inside-out) |
| 3. Oppo BP, Soft Toss, Tee | → developing full plate coverage (Awesome!) |
| 4. Hand Trainer | → hold hand trainer in position for hitter to hit oppo |
| 5. Use markers in front of plate | → for hitter to see where pitch is and hit to same field |

Lead Arm Bars Out

Causes: Poor load (pushing bat back)
Too rigid
Lead shoulder fly creates a bar
Muscling
Hitch in swing

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| 1. Swing commands, stressing the load | → pull the bat back rather than push |
| 2. Top hand over drill | |
| 3. Open hip drill | |
| 4. Bat on shoulder drill | |
| 5. Wall drill with donuts | |

Poor Follow Through / Extension

Causes: Improper grip
Spinning off ball
Rolling hands too soon
Baring lead arm

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| 1. Throw Bat Drill | → throw bat into netting on use field (SAFETY) |
| 2. Top Hand Over Drill | → stresses extension; short to ball-long through ball |
| 3. Open Hip Drill | → same as whiffle ball, can use as soft toss/short toss |
| 4. Coach Command Calls Drill | → broomsticks, mirrors, coach calls |

Whiffle Ball Series

1. 10 Toe → stay square to thrower and work the barrel through oppo. MINF (RHH-2B)
2. 45 Degree → stresses hands load and through the ball
3. Pivot → pivot prior to swing – feel of body beginning pivot with foot-knee-hip-then hands
4. Regular → Throw regular whiffles

Quick Bat Series (Mac Drill Series)

1. Figure 8's both directions
2. Windshield Wipers
 - a. Both Hands
 - b. One Hand
3. Elbow Strengthening
4. Shoulder to Shoulder

Tee Drills

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|--------------------------|---------------------------------------------|
| 1. Regular Tee | ball = to front foot |
| 2. Outside Location | ball = to belly button |
| 3. Inside Pitch | ball = to up and in location |
| 4. Walking Tee | rhythm, load |
| 5. Long Tee | track ball off of tee (distance) |
| 6. Double Tee –Extension | tee in front of other tee and hit front tee |
| 7. Double Tee – Loop | tee in back to help with swing plane |
| 8. High Tee (Mattingly) | level swing on high pitch |
| 9. Different locations | use entire strike zone to work on swings |

Soft Toss Drills

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| 1. Regular | 45 degrees, timing with rhythm |
| 2. Oppo Toss | off of front hip (whiffles or tennis balls) |
| 3. Backside Toss | extension and let ball travel, quick bat |
| 4. Front Toss | underhand and drive forward into screen |
| 5. Quick Toss | use 6-8 balls, shagger throws as soon as swing is complete |
| 6. Mattingly Toss | high toss, gets barrel on top of ball |
| 7. Ty Cobb Drill | cross hands, forces knob to ball (inside out swing) |
| 8. Top Hand Over Drill | extension drill |
| 9. Donut on bat Drill | use donut on bat and drive tennis ball through a fence |