Keys:

1. Not about how fast you can do a drill. Focus on the drill and what trying to accomplish.
2. You don’t get a do-over in a game, practice each swing as it is the only one you get.
3. Visualize hitting the ball with every swing.

Drills:

1. Mirror (Walk up and walk away 5+ times)
   1. Standing in front of the mirror, check you stance
      1. Toes in line and pointing forward, Knees slightly bent
      2. Evenly balance, no lean over a foot, weight on inside part of feet
      3. Door knocking knuckles lined up, or close to lined up
      4. Not gripping the bat too tight, bat handle not deep into palms
      5. Hands up, at least chest high, not above shoulders.
      6. Hands Back, in line with shoulder
      7. Bat straight angle back, not “wrapped” around the head, nor over elbow
2. Take A Swing (10 times)
   1. Start in a good stance, then take a good, hard swing
      1. Did the bat finish below your shoulders?
      2. Is your belly button pointing toward SS/P/2B?
      3. Is your back knee pointing at the P?
      4. Is your head over/in line with your belly button?
      5. Are you on balance?
3. Hips and Bugs (20 times)
   1. Hitter in balanced stance
   2. Bat around your waist barrel of bat to hitters right (right handed hitter), hold in place with hands or arms
   3. Ball placed at heel of back foot
   4. Simulate swing but rotating “hips” toward pitcher and ‘squishing the bug” underneath the front of the back foot, kicking ball with side of heel (ball should go straight back), back knee should end up pointing toward the pitcher
4. Single Hand Pull Through – Mid Swing (10 times)
   1. Hold the bat with the bottom hand just above the handle
   2. Start with the bat hand in line with the front shoulder, just below chest high, bat parallel to the chest, barrel angled toward the shoulder
   3. Pull the bat through like you would be hitting the ball out in front of the plate with barrel of the bat extended in front of the hand
   4. Complete swing as far as can
5. Single Hand Pull Through – Mid Swing (10 times)
   1. Hold the bat with the bottom hand just above the bat handle
   2. Start in normal swing stance, holding the bat with just one hand
   3. Pull the bat through like you would be hitting the ball out in front of the plate with barrel of the bat extended in front of the hand
   4. Complete swing as far as can
6. Top Hand Follow Through – Mid Swing (10 times)
   1. Hold the bat with the top hand just above the bat handle
   2. Start with the bat hand in line with the front shoulder, just below chest high, bat barrel extended straight out over the plate, with palm facing the pitcher
   3. Complete swing with bat finishing below the front shoulder
7. Wall Swing (20 times)
   1. With a waffle ball bat, stand in front of a wall with plenty of room to swing
   2. Place one end of the bat at the waist with the other end against the wall
   3. From a proper stance, take a swing of the bat
   4. A proper swing should not hit the wall.
8. Balance (20 times)
   1. From a proper stance, take a hard swing, completing swing with bat ending below front shoulder
   2. Immediately after the swing, jump straight up as high as you can.
   3. See how hard you can swing the bat and still get a high jump.
9. Take A Swing (10 times)