When Going Through The Workout:

* Visualize hitting the "pitch" before each swing
* Look at the result of each swing. Where did the ball go? Why? What is your adjustment if needed?
* Take your time on each swing, and swing like it is game time. No do-overs in a game!

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 over shoulder, barrel not “wrapped” around the head, nor over elbow
2. Swings (10 swings)
   1. Set Tee with ball waist high, and slightly in front of hitter
   2. Start in a good stance, then take a good, hard swing
      1. Did the ball go straight forward/line drive? Not high or low.
      2. Did you catch the ball clean, not hitting the tee?
      3. Did the bat finish below your shoulders?
      4. Is your belly button pointing toward SS/P/2B?
      5. Is your back knee pointing at the P?
      6. Is your head over/in line with your belly button?
      7. Are you on balance?
3. Hips and Bugs (10 swings)
   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. One Knee - One Hand Pull Through (10 swings)
5. Set Tee as Low as Possible, and slightly in front of hitter
6. Hitter with back leg knee on ground, front leg extended forward
7. Hold the bat with the bottom hand just above the bat handle
8. Start with bat in normal swing location, holding the bat with just one hand
9. Pull the bat through, hitting the ball off the tee, out in front of the hip with barrel of the bat extended in front of the hand, rotating hips, palm facing down at contact
10. Complete swing as far as can
11. One Knee - One Hand Follow Through (10 swings)
12. Set Tee as Low as Possible, and slightly in front of hitter
13. Hitter with back leg knee on ground, front leg extended forward
14. Hold the bat with the top hand just above the bat handle
15. Start with bat behind ball on tee, palm facing the pitcher, holding the bat with just one hand
16. “Slap” ball or push/drive bat through the ball, completing level swing, rotating hips, with bat follow through to the hitter’s back
17. One Knee – Complete Swing (10 swings)
18. Set Tee as Low as Possible, and slightly in front of hitter
19. Hitter with back leg knee on ground, front leg extended forward
20. Start with bat in normal swing location, holding the bat with both hands
21. Take a good hard swing, pulling bat to parallel to chest, then extending barrel head to hit ball in front of hips, rotating hips, and complete swing as far as can.
22. Standing – One Hand Pull Through (10 swings)
    1. Set Tee with ball waist high, and slightly in front of hitter
23. Start in good, balanced stance
24. Hold the bat with the bottom hand just above the bat handle
25. Start with bat in normal swing location, holding the bat with just one hand
26. Pull the bat through, hitting the ball off the tee, out in front of the hip with barrel of the bat extended in front of the hand, rotating hips, palm facing down at contact
27. Complete swing as far as can
28. Standing – One Hand Follow Through (10 swings)
    1. Set Tee with ball waist high, and slightly in front of hitter
29. Start in good, balanced stance
30. Hold the bat with the top hand just above the bat handle
31. Start with bat behind ball on tee, palm facing the pitcher, holding the bat with just one hand
32. “Slap” ball or push/drive bat through the ball, completing level swing, rotating hips, with bat follow through to the hitter’s back
33. Two Hand Follow Through (10 Swings)
    1. Set Tee with ball waist high, and slightly in front of hitter
34. Start in good, balanced stance
35. Hold the bat with both hands
36. Start with bat behind ball on tee, top hand palm facing pitcher, bottom hand palm facing down
37. “Slap” ball or push/drive bat through the ball, completing level swing, rotating hips, with bat follow through to the hitter’s back
38. Swings (10 Swings)
39. Set Tee with ball waist high, and slightly in front of hitter
40. Start in a good stance, then take a good, hard swing
    * 1. Did the ball go straight forward/line drive? Not high or low.
      2. Did you catch the ball clean, not hitting the tee?
      3. Did the bat finish below your shoulders?
      4. Is your belly button pointing toward SS/P/2B?
      5. Is your back knee pointing at the P?
      6. Is your head over/in line with your belly button?
      7. Are you on balance?
41. High Pitch (10 Swings)
42. Set Tee with ball above belly button, below chest, and slightly in front of hitter
43. Start in a good stance, then take a good, hard swing,
44. Hands and bat handle should be at ball level at point of contact.
45. Did the ball go straight forward/line drive? Not high or low.
46. Did you catch the ball clean, not hitting the tee?
47. Did the bat finish below your shoulders?
48. Is your belly button pointing toward SS/P/2B?
49. Is your back knee pointing at the P?
50. Is your head over/in line with your belly button?
51. Are you on balance?
52. Low Pitch (10 Swings)
53. Set Tee with ball at knee level, and slightly in front of hitter
54. Start in a good stance, then take a good, hard swing,
55. Hands and bat handle should be moving in a line from the back shoulder to the ball level.
56. Did the ball go straight forward/line drive, but at or below the tee level? Not high.
57. Did you catch the ball clean, not hitting the tee or just the top of the ball?
58. Did the bat finish below your shoulders?
59. Is your belly button pointing toward SS/P/2B?
60. Is your back knee pointing at the P?
61. Is your head over/in line with your belly button?
62. Are you on balance?
63. Inside Pitch (10 Swings)
64. Set Tee with ball waist high, closer to the hitter and further in front of hitter
65. Start in a good stance, then take a good, hard swing
66. Did the ball go to the left (right) in a line drive? Not high or low.
67. Did you catch the ball clean, not hitting the tee?
68. Did the bat finish below your shoulders?
69. Is your belly button pointing toward SS/P/2B?
70. Is your back knee pointing at the P/SS (2B)?
71. Is your head over/in line with your belly button?
72. Are you on balance?
73. Outside Pitch (10 Swings)
74. Set Tee with ball waist high, further from hitter and in line with front foot
75. Start in a good stance, then take a good, hard swing
76. Did the ball go to the right (left) in a line drive? Not high or low.
77. Did you catch the ball clean, not hitting the tee?
78. Did the bat finish below your shoulders?
79. Is your belly button pointing toward SS/P/2B?
80. Is your back knee pointing at the P/2B (SS)?
81. Is your head over/in line with your belly button?
82. Are you on balance?
83. Off Speed Swings (10 Swings)
84. Set Tee with ball waist high, and slightly in front of hitter
85. Start in a good stance, lift and replace front foot keeping bat and weight back
86. Then take a good, hard swing
87. Did the ball go straight forward/line drive? Not high or low.
88. Did you catch the ball clean, not hitting the tee?
89. Did the bat finish below your shoulders?
90. Is your belly button pointing toward SS/P/2B?
91. Is your back knee pointing at the P?
92. Is your head over/in line with your belly button?
93. Are you on balance?
94. Swings (10 Swings)
95. Start in a good stance, then take a good, hard swing
96. Did the ball go straight forward/line drive? Not high or low.
97. Did you catch the ball clean, not hitting the tee?
98. Did the bat finish below your shoulders?
99. Is your belly button pointing toward SS/P/2B?
100. Is your back knee pointing at the P?
101. Is your head over/in line with your belly button?
102. Are you on balance?