

Hitting Stations 2023 - Todd Dulin

I. Front flips (Station 1)

- A. First 8 swings we always try to hit the ball up middle to the other away. (If you want to beat good pitching you need to stay inside the ball.)
- B. On the second 8 swings we hit the ball where it is pitched.

II. Front flips (Station 2)

- A. Bottom hand- The swing should look like a backhand in tennis and then complete the follow through. This drill works better with a mini bat.
- B. Randomly bounce the feed in order to simulate an off speed pitch, it forces them keep their hands back.

III. T - Work (Station 3)

- A. Move around the T - Players can work on the pitch they have trouble with, and they can also get a feel for what they need to do with each pitch.
- B. High T- The high T forces proper hitting mechanics.

IV. T- Work (Station 4) The batters will choose two of the options depending on what they need to work on.

- A. Happy Gilmore- This drill creates rhythm for hitters that are too mechanical.
- B. Open drill- The hitter is fully open and this allows him to get two eyes to the ball, and they work to stay inside the ball and bring their hands to the pitcher.
- C. Back foot turned with a stiff front side- bring hands palm up palm down to contact point.
- D. Cement feet- The feet are in cement and the hitter just brings his hands to the ball, palm up/ palm down.
- E. Big ball- Hit a volleyball or a partially deflated basketball off of the T and check the rotation of the ball. If the ball should have that backspin, if it is spinning like a curve ball into the gutter then the swing needs correction..
- F. Heavy ball- We will hit a heavy ball off of the T in order to get the hitter to extend his hands through the ball and finish the swing.

V. Mirror (Station 5) At this station the hitter will get in front of the mirror and look at his dry swings. They can check all parts of their swing.

VI. Hitting Tools- (Station 6) At this station we have a snap bat, an ax handle, and a pvc pipe, and they will take swings with these tools.

VII. Pitching machine- (Station 7) At this station we will dial up the velocity and work on squaring up fastballs.

VIII. Pitching machine- (Station 8) We have a bunting station set up with one of the pitching machines, and during the first round they work on bunting for a hit, and in the second round they sacrifice bunt. They work on bunting with their legs.

IX. BP- (Station 9)

- A. The coaches will throw a straight BP so they are getting live swings from home plate and can see what the ball is doing. If things are not going right for the hitter the swings will be filmed and analyzed.
- B. Some days we will set up 2 L screens, and feed the hitters from the foul lines. We go four pitches away (let the ball get deep), and then four pitches inside (don't get beat). Don't let the hitter cheat.
- C. We will also play a home run derby version of BP where we will set up so they have a short porch to their opposite side, and we turn it into a competition. They are then forced to stay inside the ball.
- D. Sometimes the team will compete in a line drive BP. They pick teams, and then match up head to head. Each player gets 3 outs and anything that is not a linedrive is an out. The losing team has to clean up the gym or field at the end of practice, and they are allowed to trash talk when their opponent is hitting.

X. Hits Game (Every practice ends with the hits game) It is a live game at a quick pace where we work on all aspects of the game. The coach grooves strikes and the kids play. It is everyone's favorite part of practice. The coaches will stop the game and correct any errors and teach different situations that come up.