

HITTING PROGRAM - 100 TECHNICAL SWINGS

<u>SET</u>	<u>ACTIVITY</u>	
1. STRIDE	Moderate speed, work on stride. Consistent, short, soft step.	10 swings
2. HIP PIVOT	Moderate speed, work on strong hip rotation. Belly-button the ball. Spin back foot, lift heel.	10 swings
3. FRONT SIDE	Moderate speed, front leg snaps straight as hips spin.	10 swings
4. QUICK HANDS	Moderate speed, hands move straight to the ball.	10 swings
5. STILL HEAD	Moderate speed, keep head still. Bring chin downward with swing.	10 swings
6. OUTSIDE-IN	Fast speed. Throw bat head out in front. Image an inside pitch.	10 swings
7. INSIDE-OUT	Fast speed. Lead with the hands; go to the opposite field; Image an outside pitch.	10 swings
8. BODY REHEARSAL	5 swings at 3/4 speed and 5 swings, slow motion, eyes closed throughout. Focus on power points and leverage.	10 swings
9. COORDINATION	Full speed. Swing light bat or hold big end of normal bat. Focus on smoothness, rhythm, timing. Let the coordination happen.	10 swings
10. STRENGTH	Maximum speed. Snap-backs using concentric/eccentric movement. Two directional swings.	10 swings

NOTES

1. Use this program daily to maintain swing mechanics.
2. On all swings, focus on technique, form and smoothness.
3. Practice proper breathing on every swing.
4. Practice mental skills with each set of swings.
 - ie. a) Center before each set of swings,
 - b) Image (see the ball) on each swing,
 - c) Focus, concentrate only on the ball.
 - d) Relax - especially your arms and shoulders.