

GOLD MEDAL HITTING SEQUENCE

THIS SUGGESTED SEQUENCE WILL HELP COACHES USE THEIR TIME MORE EFFICIENTLY AND STANDARDIZE THE PRESENTATION. FOR BEST RESULTS, ASSIGN TWO PLAYERS TO EACH STATION (FEEDER + HITTER), BATTER ONLY ROTATES TO NEXT STATION. ADJUST STATIONS ACCORDING TO NUMBER OF PLAYERS.

INTRODUCE THE SYSTEM PURPOSE
 EQUIPMENT
 SAFETY

FIRST ROUND IS TO ACCLIMATIZE PLAYERS TO THE MACHINES AND USE OF TEES. START BY WALKING ALL PLAYERS THROUGH ALL STATIONS

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| BASIC STATIONS | 1. CATCH NET – SOFT TOSS - BREATHING |
| | 2. BATTING TEE – DOWN STROKE |
| | 3. BATTING TEE – CONTROLLED STRIDE |
| | 4. BATTING TEE – HIP TURN |
| | 5. BATTING TEE – HANDS TO THE BALL |
| | 6. BATTING TEE – STEADY HEAD |
| | 7. PITCHING MACHINE #1 – PITCHER |
| | 8. PITCHING MACHINE #2 – PITCHER |
| | 9. OUTFIELD – CONTINUOUS BALL RETURN. |
| ALTERNATE STATIONS
USE AS REQUIRED | 10. SOFT TOSS – POP-UPS |
| | 11. SOFT TOSS – FRONT CORNER |
| | 12. SOFT TOSS – FROM REAR |

AFTER ONE ROUND ON THE BASIC SWING, START TEACHING “ITINERARY”

- A) BASIC SWING ELEMENTS – READY, SET, LAUNCH, SWING
- B) MECHANICS OF POWER – CIRCUIT ON POWER
- C) VISUAL EFFICIENCY – CIRCUIT ON SEEING THE BALL
- D) 3RD STRIKE ADJUSTMENTS – CIRCUIT ALTERNATING SWINGS
- E) SEVEN SINS OF HITTING – CIRCUIT TO AVOID SINS
- F) BUNT SKILLS – SACRIFICE, SLAP, DRAG

G) RUNNING SLAP HITTING