

**BATTING SKILLS
LISTED BY PRIORITY**

COACHES: This is a complete list of hitting skills in the Long Term Athlete Development Program. The proposed age groupings are suggestions only. The intent is that all players will understand and be able to execute all these skills when they graduate to Midget level.

SQUIRTS

1. SELECT A BAT
2. EXECUTE BASIC SWING
3. USE CORRECT BREATHING
4. APPLY BASIC DEVELOPMENT DRILLS
5. USE AN IN-BOX BATTING ROUTINE
6. USE BATTING TEE CORRECTLY
7. USE SOFT TOSS DRILLS
8. EXECUTE MODIFIED 100 TECHNICAL SWING DRILL

PEE WEES

9. USE CORRECT EYE PATTERN
10. APPLY TRACKING SKILLS
11. APPLY SWING OPTIONS
12. CORRECT BASIC SWING FLAWS
13. EXECUTE INSIDE OUT SWING
14. EXECUTE OUTSIDE IN SWING
15. EXECUTE 3RD STRIKE SWING
16. APPLY CENTERING TECHNIQUE
17. USE IMAGERY TO DEVELOP SKILLS
18. ADJUST TO THE COUNT
19. EXECUTE SACRIFICE BUNT
20. EXECUTE SLAP BUNT
21. EXECUTE DRAG (SURPRISE) BUNT
22. APPLY RELAXATION TECHNIQUE

BANTAMS

23. EXECUTE RUNNING SLAP HIT
24. HIT THE DROP BALL
25. HIT THE RISE/CURVE BALL
26. ADJUST SWING TIMING
27. APPLY ATTENTIONAL FOCUS PRINCIPLES
28. RECOGNIZE INDIVIDUAL IDEAL PERFORMANCE STATE
29. DEVELOP A PREPARATION ROUTINE
30. DEVELOP FOUR BATTING ROUTINES
31. APPLY TACTICS TO BATTING
32. APPLY A STRENGTH PROGRAM FOR BATTING
33. EXECUTE AN APPROPRIATE POWER PROGRAM
34. RESOLVE BATTING SLUMPS
35. CONTROL ACTIVATION LEVELS

For detailed instruction in each of these skills see, "**GOLD MEDAL HITTING**" Parts 1- 3