

**HITTING PROGRAM - 100 TECHNICAL SWINGS**

This 100 technical swing program is the best single drill batters can do and should be taught at all levels of play throughout the RMSL. Squirt players should focus on the first five sets to solidify the mechanics of the swing. The last five sets can be added as players develop. For proper breathing technique, players should exhale just before executing a swing. This program has been modified to suit Squirt players

<b><u>SET</u></b>	<b><u>ACTIVITY</u></b>	
1. <b>STRIDE</b>	Moderate speed, work on stride. Consistent, short, soft step.	10 swings
2. <b>HIP PIVOT</b>	Moderate speed, work on strong hip rotation. Belly-button the ball. Spin back foot, lift heel.	10 swings
3. <b>QUICK HANDS</b>	Moderate speed, hands move straight to the ball.	10 swings
4. <b>STILL HEAD</b>	Moderate speed, keep head still. Bring chin downward with swing.	10 swings
5. <b>FULL SWINGS</b>	Work on all four mechanics	10 swings
6. <b>HIGH PITCHES</b>	Fast speed. Practice swinging at high Pitches - from waist up to shoulders	10 swings
7. <b>LOW PITCHES</b>	Fast speed. Practice swinging at low Pitches - from knees to waist	10 swings
8. <b>LIGHT BAT</b>	Full speed. Swing broomstick or hold bat backward. Focus on smoothness, rhythm, timing. Develops coordination.	10 swings
9. <b>STRENGTH</b>	Maximum speed. Snap-backs - hard forward and hard backward swings to develop upper body strength.	10 swings
10 <b>COMPLETE SWINGS</b>	Finish program with one set of hard swings alternating on high and low pitches	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..