

SUMMARY - HITTING DRILLS

This chart shows the application of various drills in developing different aspects of hitting skills if used regularly.

TO DEVELOP THESE SKILLS	USE THESE DRILLS
1. SWING MECHANICS	a) Swing Rhythm Drill
	b) Hesitation Drill
	c) Hat/Shadow Drill
	d) Front Arm Drill
	e) Bam Bam Drill
	f) Screen Drill (Soft Toss)
	g) Hip Turn Drill
2. BAT SPEED	h) Drop or Rear Toss Drill
	i) Front Arm Swings
	j) Snap Backs
3. SWING ACCURACY	k) Tracking Drill
	l) Tee Drills Inside-Outside
	m) Hose Drill
	n) One Knee Drill
4. STRIKE ZONE AWARENESS	o) Tracking Drill
	p) Strike Zone Realization
5. FOCUS/CONCENTRATION	q) Tracking Drill

Most of these drills can be performed with a batting tee, or alternately, at a "Toss" Station.

SWING DRILLS

PLAYERS: Use this sheet to record particulars of the drills listed. Note the purpose of each, and how it should be executed. When you can perform each one, have your technique checked by a coach or someone qualified to give you feedback.

DRILL	PURPOSE	TECHNIQUE
1. HITTING RHYTHM DRILL		
2. DRY SWINGS 100 TECHNICAL SWINGS		
3. FRONT ARM SWINGS		
4. ONE KNEE SWINGS		
5. HIP TURN DRILL		
6. HAT/SHADOW DRILL		
7. SCREEN/WALL DRILL		
8. HESITATION DRILL		
9. "T" HITTING DRILLS		
10. TOSS DRILLS		