

## Hitting Drills

- **Batting Stance**
  - Check to see if you have any lefties. Line children up along a line and space them far apart. You can make two or three lines. They need to have clearance to swing a bat. Show them how to stand to hit the ball. Talk about the batter's box. Step into the box and have them put their feet at a comfortable distance apart. Have them bend their knees. Have them put their back elbow up, hands together, and line up their knuckles (top hand middle knuckles line up with bottom hand last knuckles). Right hand on top of left for right-handed hitters and vice versa for left handed hitters. Hands should be held back away from their shoulders and below their ear. Coaches should walk up and down the kids, checking for correct stance. Have kids pick up their front foot and step out towards the pitcher's mound as they start their swing (not towards 1<sup>st</sup> or 3<sup>rd</sup> base). Demonstrate to the kids and then walk up and down the line checking for correct form. Do this a few times with each kid.
- **Hitting from the T**
  - Set the T on home plate. Bring one kid up to bat and have the others fill in positions on the field. One coach should be out in the field with the players and one coach should be at the plate helping the batter with stance and swing. Let each kid hit 3, 5, or 10 balls depending on the number of players and amount of time. Have them run on the last hit. Every player will get a turn at bat.
- **Coach Toss**
  - Place one player up to bat and the rest of the team should be out in the field. The coach will kneel down on one knee and toss the ball to the batter. The coach may need to move closer or farther back and may need to use the wiffle balls. Have the kids hit 5 and then switch hitters. Later on, have the kids hit the ball and run out a single, then next time through run out a double, then a triple, then a homerun.
- **Coach Toss/T Advancing One Base**
  - The coaches can toss to the batters or they can hit off the T. Have the child hit the ball and run to first and stay there. One coach should be at first base coaching so they can stop the child. The next kid will hit the ball and run to first and the kid on first will run to second, so on and so on. This will need a coach with the hitters and a coach with the runners.
- **Who Hit the Furthest?**
  - Make sure that each kid has his or her own ball to hit. Allow each kid in line to hit his or her ball. Leave the ball where it lands/stops. They can run and place their glove by their ball so they will remember whose ball it is. Congratulate each kid for his or her performance. Once everyone has hit, check to see who hit the farthest and then do it again. Be sure to check for hitting stance and swing as they do this. You can also do this with a coach tossing the ball.

- **Before or After**

- Set up cones in a line going across an area. Divide the kids into two teams. This will be a competition between teams. Allow one team to go at a time. Each team member will hit one time. If their ball lands before the cone line, their team will get one point, if the ball lands after the cone line, they will get two points. Then allow the second team to hit. Total the points for each team. Congratulate both teams and praise them for their performance. Do it again and try for higher scores.

