

# Hitting Drills

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# Drills for Younger Players

1. Swing and Jump Tee Drill
2. 2x4 Tee Drill
3. Soccer Ball Tee Drill
4. Tee Hitting for Distance Contest
5. Balloon Hitting Drill
6. Marshmallow Toss Drill
7. One Knee Drill
8. Circular Firing Squad Drill
9. Move the Tee Drill
10. Tennis Ball Drop Drill

# Drills for Older Players

11. Walk Through Tee Drill
12. Bottom Hand Tee Drill
13. Two Tee Drill
14. Two Ball Toss Drill
15. Fake Toss Drill
16. Inside/Outside Pitch Drill

# But First, a Few Important Safety Notes

- Safety First! Whenever there is a live ball being used in a drill, the runners must be wearing a helmet, especially for hitting drills!
  - Train players to carefully look around before swinging bats
  - Bats should never be raised and swung unless the player is in the on-deck circle or in the batter box, or doing a designated drill in a designated area
  - Players should always wear helmets when hitting, even off a tee
  - Catchers should always wear catching gear, including catcher's mask, when catching behind a batter. This includes coaches who are catching!
  - Coaches and umpers who are calling balls/strikes behind plate should also wear a mask
- Read the Fundamentals of Hitting document to acquaint yourself with proper technique

# And Importance of Stations

- Nothing is worse than a coach pitching one pitch at a time to a group of 10 players who are waiting in line – this is way too much waiting around and not enough quality hitting time (aka “reps”)!
- We recommend that the coach has multiple stations staffed by coaches and/or parents at a given practice or during the warm-up before a game

# Examples of Stations Before a Game (Younger Players)

- Hitting stick station
- Whiffle ball toss station
- Hit off Tee into Bownet station
- Bunting station with pitch coach  
(use back side of Bownet that is being used for the hit off tee as the backstop to the coach's pitches)



# Examples of Stations at Cubberley Field 1 for a Practice (for older teams)

- Station A: Batting cage #1
- Station B: Batting cage #2
- Station C: Hitting ball off of tee into pitching backstop #1 using soft compression balls (no coach/parent needed)
- Station D: Use boxing bag (from shed) leaned against corner of pitching backstop #2 from shed (no coach/parent needed)
- Station E: Portable machine pitch or coach pitch on Field 1

Each player gets 20 hits at each station, so will get a total of 100 hits in a practice (but requires 3 coaches/parents)



# Soft Toss Using Softballs

- For older players you can soft toss to a hitter who can hit directly into a bownet
- Toss should be at the front of the hitter's hip
- Tosses should be in a position that the ball or a bat cannot hit the tosser
  - Beginning players should be tossed to from the side
  - More advanced and older players can receive the tosses from a 45 degree angle in front of the hitter but the tosser should wear a helmet



# Hitting Drills for Younger Players

Appropriate for:  
Younger Ages

# 1. Swing and Jump Tee Drill

- Have player take a hard swing from a tee, and then have the player jump straight up from their current position
- If the stance is balanced, the player should land exactly where their feet were when their swing finished and with their follow through intact
- <https://www.youtube.com/watch?v=e4C2kLbkzZg>  
(2:12 to 2:45)



## 2. 2x4 Tee Drill

- Place a two-by-four behind the heels of the batter, extending straight ahead in the direction her foot should go
- Batter hits off a tee
- The front foot should not step on or over the board

Source: Softball Skills & Drills, Second Edition, page 14. Author: Judi Garman and Michelle Gromacki

## 3. Soccer Ball Tee Drill

- Use a slightly deflated soccer
- Place on tee (use a small plunger if need be to hold the soccer ball)
- Batter hits the soccer ball hard off the tee
- Purpose of drill is to learn how to drive through the ball

## 4. Tee Hitting for Distance Contest

- Each player will require their own ball, write their name on it with a masking tape and pen for identification
- One by one, each player will try and drive their ball the furthest from the hitting tee
- The winner is the person who sends their softball the furthest from the tee
- Contest is lots of fun and provides immediate feedback for avoiding soft grounders and infield popups.

## 5. Balloon Hitting Drill

- Purpose: A very common hitting mistake with players is "over striding" during the swing. This drill will help to teach your kids to stay balanced through the swing with a short, tight stride
- Line up ~6 hitters facing the coach with bats. Each hitter should have 7-10 feet of space on either side. Have each one place a nearly filled balloon between their thighs and get into a batting stance. **IMPORTANT:** Don't fill the balloons up too much, as they will pop too easily
- Stand on the pitcher's mound and simulate a windup and pitch. The hitters should take their stride and "dry swing" at the simulated pitch. If the balloon falls to the ground, the hitter is over striding. Correct the mistake, and repeat the drill. Once your players have the technique down, add the balloon to your live batting practice drills. Reinforce the importance of a short, quick stride while maintaining balance throughout the swing

## 6. Marshmallow Toss Drill

- Instead of soft tossing softballs to the players, the coach soft tosses marshmallows
- Helps with hand eye coordination and keeps the drill fun

Appropriate for:  
Younger Ages

## 7. One Knee Drill

- Lower tee and have player in the position shown in the picture
- Have player swing as if they were standing
- This drill develops upper body strength and helps players eliminate lunging. It also emphasizes keeping the barrel above the hands
- <https://www.youtube.com/watch?v=6-REd-Ak-hs> (:18 to 1:00)





## 8. Circular Firing Squad Drill

- Organize 6-8 girls in a large circle, but not too close to each other that their swing would hit each other
- Have 2 coaches in the middle with a bunch of whiffle balls
  - Coaches should be 15 feet away from each girl in the middle
  - Coach 1 pitches to players 1-4 who are in the “top half” of the circle while Coach 2 pitches to players 5-8 in the bottom half of the circle. In effect they are back to back to each other
- Coach 1 pitches 3 whiffle balls to player 1, who hits into the circle, and then Coach 1 moves on to player 2, etc. Coach always stays in the middle
- At the same time Coach 2 pitches 3 whiffle balls to player 5, who hits into the circle, and moves on to his next player, etc.
- When players are not hitting or are not next to hit, they should throw balls near them back at the 2 coaches feet
- Safety is important, so if players are getting too close to each other, stop drill and have players better space themselves

## 9. Move the Tee Drill

- Player hits balls off tee into bownet
- Coach or parent will reload the ball on the tee, but after every hit will adjust the tee up or down, thereby forcing the hitter to adjust to the location of the pitch
- <https://www.youtube.com/watch?v=TRAKvMzUkWM> (:59 to 1:15)



Appropriate for:  
10U+

# 10. Tennis Ball Drop Drill

- At home plate, have coach bounce tennis balls on home plate
- Hitter should hit the ball at apex of bounce
- <https://www.youtube.com/watch?v=6-REd-Ak-hs> (1:35 to 1:58)

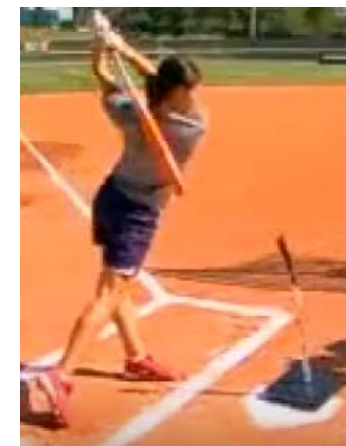


# Hitting Drills for Older Players

Appropriate for:  
12U+

# 11. Walk Through Tee Drill

- With a tee, have hitter take a step back from their normal batting position
- Then have the hitter step forward with their back foot and then hit the ball
- Helps with timing and rhythm
- <https://www.youtube.com/watch?v=pW2RE3D0ER4>
- Aka Happie Gilmore drill 😊



Appropriate for:  
12U+

## 12. Bottom Hand Tee Drill

- Use tee and bownet
- Give the hitter the lightest bat you have, or preferably get a bat that is used by a much younger aged player (e.g. 12U player should use a 6U bat)
- Swing at ball on tee using just the bottom hand
- Emphasize with hitter to lead with elbow
- <https://www.youtube.com/watch?v=afF8Rfrupwc>  
(:10 to 1:00)



# 13. Two Tee Drill

- Line up two tees right next to each other in a straight line into the net
- Purpose of this drill is that it develops a level swing
- Goal is to drive the back ball into the front ball
- If the hitter misses to the left, she has an outside-inside swing. If the hitter misses by going above, she is dropping her shoulder
- <https://www.youtube.com/watch?v=TRAKvMzUkWM> (3:52 to 4:05)



Appropriate for:  
12U+

# 14. Two Ball Toss Drill

- Using a bownet, the tosser at the side throws two ball (whiffle or regular balls) from one hand and calls which ball to hit
- In the case of whiffle balls, make them different colors or sizes
- If regular softballs, the coach will call top or bottom
- Purpose is to adjust to hitting balls at different locations and to make quick adjustments

<https://www.youtube.com/watch?v=leDfLWdAZQk> (4:00 to 4:40)





# 15. Fake Toss Drill

- Normal toss drill but to help batters prepare for change up, every so often the tosser will “fake” the toss (ie look to toss, then hesitate, then toss)
- <https://www.youtube.com/watch?v=EmTGbikxPDo> (1:50 to 2:44)



Appropriate for:  
12U+

# 16. Inside/Outside Pitch Drill

- To simulate inside pitches, have the batter angle their feet at a 45 degree angle to the plate (i.e. closed stance), and hit off tee or with soft toss
- To simulate outside pitches have the batter have an exaggerated open stance

<https://www.youtube.com/watch?v=T7mOq8hBtiY>  
(2:07 to 2:45)



inside



outside