

## **Marine City - Hitting Supplement**

Hitting involves a “Quiet Confidence” and understanding you are going to fail a lot. We talk about making positive outs and playing each pitch.

### **Hitting involves**

- A. Mental preparation
- B. Stance & Grip
- C. Getting ready – Just prior to pitch as your in batter’s box
- D. The swing or take

### **Mental preparation**

1. Understanding the situation.
  - a. Where are you in the game? (start, middle, finish)
  - b. How many outs?
  - c. Are guys on base?
  - d. Is the pitcher struggling?

In other words has he been throwing strikes, walking people, etc.

## **Stance & Grip**

### **Stance**

1. We ask our players to be in a stance that allows them to be successful not a player in MLB batting .350.
2. Within the stance players need to be
  - a. Relaxed
  - b. Balanced
  - c. In a position that allows them to hit with power they are capable of
3. Head-
  - a. We talk about putting the head on the front shoulder
  - b. Leave head as upright as possible, in a normal walking position
4. Hands –
  - a. Line up knuckles, to allow hitter to best possible wrist snap
  - b. Relatively close to body, allows you to have a better chance of success on inside pitch, which is where you need to be the quickest.

5. Elbow –
  - a. The philosophy has somewhat changed. We ask players to think about splitting the difference between having a high “trophy elbow” and a totally sagging elbow.
    - \*Reason is, you want in essence to be powerful, quick, and get the top hand through the zone.
6. Legs / Feet
  - a. We like them bent and players to be somewhat in a power position.
  - b. We want the toes pointing toward the plate, except you will notice some players turn the back foot slightly toward pitcher. This helps rotate the hips a little quicker and speeds the bat up.
  - c. Weight on inside of feet

### **Grip**

1. Tighter with top hand and slightly looser with bottom hand.
  - a. If you are too tight with bottom hand, it will cause you to pull the back through, have slower bat speed, cause front side to fly open, and dip back shoulder. With this a lot of times you will hit the bottom of the ball.
2. Line up knuckles correctly – Don’t over rotate them

### **Getting ready**

1. Simply ask players to find / locate release point from pitcher. They need to have a idea of where to focus
2. Have some slight / relaxing movement to be relaxed.
3. Be the same every time. We don’t use the word change when talking about a swing. We use the word “tweak” or “alter.”

### **The swing**

1. The whole idea with a swing is you want to get the barrel of the bat to the strike zone in a swing that is short and quick. Once you get to the zone, we talk about being in the zone for as long as possible.
  - \*In other words our saying is, “short to the zone, long through the zone.”
2. When we finish the swing we want to drive off the back foot, to ensure we our maximizing our power and hips.
  - \*We don’t allow kids to just spin or rotate the back foot, they aren’t generating anything to drive the baseball.
3. The top hand has to do most of the work, by really pushing and snapping the wrist.

4. Make sure the bat head is going to the baseball.
5. Points of emphasis on swing
  - a. Balance
  - b. Shoulders dipping – Keep them as level as possible
  - c. Head staying still, make it sure it goes from front shoulder to back shoulder.
  - d. Finishing the swing

### **Bat and Ball placement**

Inside pitch = Pull hands in and goal is to drive ball from right center to right field line. You need to hit this pitch in front of plate.

Ball down middle = Right center to left center. You need to hit this pitch at edge of plate.

Pitch away = Left center to left field line. You hit this pitch deep in zone, as it crosses plate.

### **Drills**

**“T”** – Use a “t” and place it strategically in different areas of plate and ask player to hit it relative to where “t” is. Use “T” at different levels and areas of strike zone.

1. Shoot the net – right up the middle
2. Walking up to the “t” creates balance

**Soft toss** – Toss ball and have player drive into net. As the feeder it is important to get on a 45 degree angle when feeding.

Can do soft toss standing up and on one knee focusing on upper half and making sure hitter isn't diving into the pitch.

**Quick hands / retrace** - Toss ball with idea of it going through middle of zone all the time at waist height, hitter needs to swing and make contact, as he retraces bat goes back through same part of zone where contact was made.

**Tracking / swinging** – Stop in middle of delivery to make sure hitter is balanced and still. Have hitter call out ball strike if taking pitches.

**Mound drill** – We hit off a portable mound backwards to make sure hitter is getting hips through the zone and off of the backside.

**Toss drill** - Toss ball up in air head level or slightly above and hit it on line forces you to get hands ready. Don't allow to hit fly balls. This drill is also good for hand eye because they instinctively need to track ball.

**Bat throw** – Have players swing and let go of bat, it should spin as helicopter on a line if swing is correct.

**B.P.** – Use tennis ball with bounce. It really makes them focus on ball and work on hand eye.

*A lot of these drills can be done with one hand. When you are using just the top hand you are talking about snapping the wrist, getting to the zone and staying in it as long as possible. When you are talking about the bottom hand you are focusing on extension and being quick.*