



Hitting

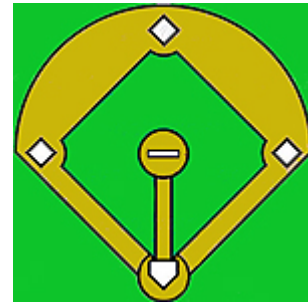
Compact Swing Drill



Organizational Set Up

Practice up against a wall or fence.

One bat each player.



Coaching Points:

The purpose of this drill is to emphasize that we must get our hands out in front to the ball and swing with a short, quick, compact stroke.

Have the player get up next to a wall and put the end of the bat on the wall and the other end at their belly button. The purpose of this is to show that as we trigger we throw the hands forward and hit the ball out in front of us, rather than barring out and coming around with a long swing and hitting the wall. The batter adopts a stance with feet spread apart. When the coach says "Swing" the batter should throw their hands forward and swing with a quick, short, compact stroke. Players should swing all the way through.

Remember a young player who is stronger and faster may have initial success even with a long incorrect swing, but when the competition gets tougher he will be glad he developed this short, compact swing. Coaches at older age levels know that a young player who learns a skill incorrectly must relearn at higher levels before he is able to improve. This is very difficult. Let's teach proper fundamentals when kids are young and save them future problems caused by bad habits. It's correct repetition that enforces muscle memory and leads to an efficient swing.