

## Hitting Drill: Practice Your Swing

The easiest baseball drill to practice at home is your swing. You can do this swinging practice at home, provided the area around you is clear of obstacles.

- Pick up your baseball bat;
- Swing as if hitting a ball.
- Repeat this ideally 100 times per day.

This drill helps to build up the muscles you need for an effective swing, which will in turn improve the strength with which you can hit the ball while playing. It's a fairly easy drill, too; if your living room is large enough, you can even do it while watching TV-- but keep a firm grip on the bat! Mom and Dad might not be happy if they find their flat-screen turned into a smashed-screen;)

The ideas above should help you to improve your skills and increase your ability when at the plate or in the field. Repeat the above at least three times per week -- and more for swinging practice -- for the best results.

## Bottle Cap Drill

This is a great drill to develop and hone hand-eye coordination.

### **Drill Setup**

- Batter gets in stance.
- Coach or another player stands in front.
- Instead of balls, you'll be using bottle caps

### **How it Works**

## **Bottle Cap Baseball Hitting Drill**

- 1.Coach or another player throws a bottle cap or small plastic golf ball to the batter who attempts to hit it with a regular bat.**
- 2.Repeat.**

## **Coaching Tips**

- Bottle caps in particular provide a lot of movement – they can dip, tumble, curve. Batter needs to really keep his eye on the target.**
- Number one goal for this drill is for the batter to make contact.**

## **Wiffle Ball Hitting Drill**

**Average Time to Complete: 10 minutes**

**Equipment Required: Bat, bucket or bag of small whiffle balls or plastic golf balls**

**Goal: Focus on hand-eye coordination and hitting line drives back towards the coach**

## **Description of the Drill:**

- Hitter sets up in hitting stance in open area, coach 15 feet in front of them**
- Coach underhand throws the whiffle ball or plastic golf ball down the middle of the plate on a line**
- Hitter hits the whiffle ball or plastic golf ball**
- Focus should be on hand-eye coordination and hitting line drives back towards the coach**

## Long Toss Throwing Drill

Long toss promotes arm strength because the arm gains range of motion from distance. And learning how to translate this freedom into aggressiveness with the right intention promotes greater explosiveness and life on the ball. More freedom equals more explosiveness, and most importantly, safer explosiveness.

### 10 Tips to Get The Most Out of Your Long Toss Session

1. Warm up properly using a dynamic warm up.
2. Always maintain sound throwing mechanics. Don't let your mechanics degrade by overthrowing.
3. Keep your throws loose and nearly effortless. You should not be straining to reach your target.
4. If you max out in the stretching-out phase in terms of distance, don't worry, just stay at that distance and continue to work there until your arm allows more. Remember, the end point of your throwing distance should still see a nice controlled throwing motion with your normal mechanics.
5. Remember that the goal of a long toss program is to progressively build arm strength through increasing distance.
6. Let your arm dictate the number of throws that you perform at each distance. If you feel strong, feel free to throw a few extra, but remember: if at any point you feel sore or fatigued, stop throwing. You should never throw through fatigue and certainly not through soreness.
7. When returning from max distances to throw from 60 feet, concentrate on finishing through your release and forcing the ball down – it is easy to miss high.
8. Use a step behind before every throw. It keeps the hips properly closed preventing the arm from flying open too early, especially as you stretch out to longer distances. Add a second crow-hop if necessary to build momentum.
9. Starting a long toss program early on will help you develop a unique understanding of your arm that will pay big dividends for years to come. Get to know your arm now and put yourself ahead of the competition.
10. Perform a cool down. Gently stretch and perform a post-throwing mobility routine to help speed up your recovery and maintain muscle tissue quality.

