

North Idaho College Softball



Hitting Drills for Success

- 1) Half Turns
 - a. Purpose is to teach the proper body movements to hitters from the stance phase to the contact phase.

- 2) One Handed Drill
 - a. Purpose is to help hitters to feel the barrel and develop strength.

- 3) Paint Stick Tee
 - a. Purpose is to help hitters get their back foot unanchored and get thru ball.

- 4) Top Hand Path Drill with Tee Ball Bat
 - a. Purpose is to help hitter's hands take a proper swing path to ball.

- 5) Interlocking Throw Drill
 - a. Purpose is to help hitter's hands take a proper hand path to ball.

- 6) See Saw, Separation to Contact
 - a. Purpose is to help hitter feel the sequence of body movements to contact.

- 7) Flamingo Drill
 - a. Purpose is to help hitter feel a controlled fall to a 50/50 launch position.

- 8) High Tee Drill
 - a. Purpose is to help hitter take the proper bat path to ball.

- 9) Hit Pause Drill
 - a. Purpose is to help hitter feel good launch position and hip rotation.

- 10) Rock the Baby Drill
 - a. Purpose is to help hitter feel what the shoulders do during the load.

- 11) Step Back Drill
 - a. Purpose is to help hitter feel the weight transfer going forward thru the ball.

- 12) Crossover Drill
 - a. Purpose is to help hitter feel the big K position to little k position at launch point and have a controlled fall. Prevents hitters from collapsing on back side.

- 13) Open Stance Swing Path to Extension Drill
 - a. Purpose is to help the hitter get bat on plane of pitch and stay thru extension.