

St. James Hitting Clinic

February 6th, 2017 - Ness School

1. Welcome and Introductions
2. Outline (key areas of focus)
 - a. Relaxed for Results
 - b. Balance
 - c. Separation of halves
 - d. Body position at impact
 - e. Look for errors/corrections at key points
 - f. DO NOT OVER COACH (especially when drill is on)

3. Basic Hitting Drills

- a. Tee Work
 - Inside/Up the middle/Outside
- b. Soft Toss
 - Inside/Up the middle/Outside
 - Top/Bottom OR Colors
- c. Front Toss
- d. Wall Drill/top hand/bottom hand
- e. NEVER DO HIGH BACK TEE DRILL

4. Batting Practice Done Right

- a. 3 groups of 4 (if more than 12, 4th group is pitching)
- b. Group 1 – hit/Group 2 – OF/Group 3 – INF (Rotate every 10-12 minutes)
- c. Hitting group – 2 players live and 2 players on tees/soft toss behind fence
- d. Groups 2 and 3 are at a position and playing each ball live
- e. Each player hits 2 times through
 - 8 swings max
 - First time: 2 bunt/2 hit and run/6 free
 - Second time: 6 swings and then 2 at 2-0/3-1 count
 - Hitting runs the bases on his last swing of first round
 1. Working on hard through first. Lead, secondary lead, steal, score from 2 (DO NOT RUN TO PLATE)
- f. NOTE: square screens needed for bucket and first base. Coach waits for play to end before next pitch.

5. Questions?