



# HITTING

MADE SIMPLE

**Bat Speed/Power**  
**Hitting Plan**

## **At-Home Dry Work *(non-hitting days)***

**HOMework**

**On days that you are not able to hit, you can perform the following dry drills at home.**

**Rep Count:** 10-15 reps of each drill (10-15 per side of double sided drills)

Exercise	Notes
<b>1. Pelvic Control Drills</b>	
<b>2. Single Leg Dissociation Drill</b>	
<b>3. PVC Check Swings</b> *Perform on both sides! This is not shown in the video, but perform drill both right handed and left handed.	
<b>4. Speed Check Swing Drill</b>	

# Hitting Workout

Complete the following hitting routine in the order beginning with the warm up and ending with live batting practice. Also do the drills in the order listed in the each section.

Be safe, have fun, focus, work hard...*and you will get better!*

## Routine

1. Hitting Warm/Movement Prep
2. Tee Work
3. Front Toss Drills
4. Live Batting Practice Rounds



Before beginning your routine, check out the Metric/Performance Tracking section at the end of this plan. It's important that you are tracking your progress as you go!

# Warm Up/Movement Prep

Prior to taking any swings, perform each warm up exercise as shown.

**Rep Count:** 8-10 reps of each drill (8-10 per side of double sided drills)

Exercise	Notes
1. Pelvic Control Drills	
2. Chair Hinge Drill	
3. Speed Check Swing Drill	
4. Full Turn Drill	

# Tee Work



Perform the following drills using a batting tee

- ★ Always check that the tee is placed in the proper position for the drill.
- ★ Have the hitter start with their eyes toward an imaginary pitcher and visualize a pitch being delivered.
- ★ Make sure hitter is not altering stance or load when hitting on tee.

**Swing Count:** 10-15 quality reps of each drill. Take your time, don't rush, and focus on performing the drill correctly!

**Drill**

**Notes**

**1. Get Up Drill**

**2. Crossover Drill**

**3. Chair Hinge Hitting Drill**

**4. Closed Stance Drill**

# Front Toss Drills

Perform the following drills while hitting front soft toss as shown below.  
Mix speeds and vary pitch type and location whenever possible.

**\*If notated set up as directed in drill video.**



**Swing Count:** 10-15 quality reps of each drill. Take your time, don't rush, and focus on performing the drill correctly!



<b>Drill</b>	<b>Notes</b>
<b>1. Drop Drill*</b>	
<b>2. Hands Isolation Drill</b>	
<b>3. Efficient Rotation Drills (choose favorite)</b>	
<b>4. Wrap &amp; Bounce Drill</b>	
<b>5. <i>PERFORMANCE FOCUSED SWINGS</i></b> No drills. Just hit and focus on driving the ball. If this is a metrics recording day, now is time time to measure and record.	

# Live Batting Practice Rounds

These can be done with a live arm, batting practice pitcher, or with a pitching machine.  
Mix speeds and vary pitch type and location whenever possible.

**Swing Count:** HITTER & COACH'S CHOICE, but remember quality is more important than quantity. Watch the hitter and their quality of swings, if you begin to notice a drop off, stop for the day.



*Try to do damage and hit it hard!* While we are doing some drill work here, the focus needs to remain on barrelling up the ball and hitting hard line drives.

Drill	Notes
<p><b>1. Uphill Mound Drill</b> *If no access to a mound, a small step or platform can be placed under hitter's front foot to elevate it a few inches above the back foot.</p>	
<p><b>2. Weight Transfer Bucket Drill or Front Leg Blocking Bucket Drill</b> (choose favorite)</p>	
<p><b>3. Weight Transfer Take Drill</b></p>	
<p><b>4. PERFORMANCE FOCUSED SWINGS</b> No drills. Just hit and focus on driving the ball. If this is a metrics recording day, now is time time to measure and record.</p>	

# Metric/Performance Tracking

Tracking your progress is very important! So we've provided you with a chart to do just that. This may require some tools or technology to be accurate and consistent.

If you don't have access to tools or tech to measure these metrics, simply hit on a field and judge distance based on where your farthest balls are landing. If this is the case, don't worry about the exit velocity measurements.

## TOP BAT SPEED/POWER METRICS

- **Max Exit Velocity** - The highest speed recorded of a batted ball coming off of your bat.
- **Max Hit Distance** - The farthest distance that a batted ball traveled through the air off of your bat.
- **Average Exit Velocity** - The average speed of all batted balls coming off of your bat.
- **Average Hit Distance** - The farthest distance that a batted ball traveled through the air off of your bat (if you don't have tech to track and measure, just take your top 5 farthest hits on the day and estimate the avg.)

**\*Note:** If you have a bat sensor, two additional metrics to track would be **BAT SPEED & HAND SPEED**.

**Frequency:** We recommend testing about once every two weeks. You can test more or less frequently, depending on how regularly you are hitting each week.







