



HITTING

MADE SIMPLE

Bat Path

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****1. Band Arm Path Drills****2. PVC Strides & Turns****3. PVC Check Swings**

*Perform on both sides! This is not shown in the video, but perform drill both right handed and left handed.

4. Speed Check Swing Drill

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. Band Arm Path Drills	
2. PVC Strides & Turns	
3. PVC Check Swings *Perform on both sides! This is not shown in the video, but perform drill both right handed and left handed.	
4. Speed Check Swing 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!

Bonus Tip:

****VARY HEIGHT AND LOCATION OF TEE WHILE PERFORMING DRILLS!****

Moving the tee inside, outside, and to the extreme top and bottom of strike zone will add an extra layer of bat path training.

Drill

Notes

1. Bottom Hand/Top Hand Drills

2. Belt Arm Spacing Drill

3. Forward Facing Drill

4. Just Right 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!

Drill	Notes
1. Bottom Hand/Top Hand Drills	
2. Forward Facing Drill	
3. Rolled Ball Drill*	
4. Connection Ball Drill (choose your favorite)	
5. <i>PERFORMANCE FOCUSED SWINGS</i> No drills. Just focus on hitting hard line drives. 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
1. Connection Ball Drill (choose your favorite)	
2. Just Right Drill	
3. PERFORMANCE FOCUSED SWINGS No drills. Just focus on hitting hard line drives. If this is a metrics recording day, now is time time to measure and record.	

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 all of these metrics, simply track and judge each hit visually. Determine if the ball was hit on the barrel and if it could be considered a line drive. If this is the case, don't worry about the exit velocity or launch angle measurements.

TOP BAT PATH METRICS

- **Barrel Percentage** - The percentage of your hits that are coming off of the sweet spot or barrel of the bat. This can be eyeballed/estimated. Or if you have the ability to measure exit velocity, take your average exit velocity (AEV) and count anything that is 95%+ that AEV number as a barrelled ball. Then find the percentage of all hits that were barrelled.
For example: AEV for day is 70 mph, consider all hits 66.5 mph or greater a barrelled ball ($70 \times .95 = 66.5$). Then say we tracked 30 hits, 20 of which were 66.5 mph or greater. Our Barrel% for the day is 67% ($20/30 = .66667$)
- **Average Launch Angle/Line Drive Percentage** - If eyeballing/estimating without tech, consider a line drive as a hit that is likely to fly over the infielders' heads without hanging up long enough for an outfielder to run underneath and catch it. Count all home runs as line drives! Take your total number of hits line drives and divide it by your total hits counted. For example: 15 line drives/30 total hits = 50% line drive %. If using tech to measure launch angle (LA), list your avg. launch angle on the day. (Goal is still line drives! Line drives usually have an LA between 10-20 degrees).
- **Average Exit Velocity** - The average speed of all batted balls coming off of your bat.

***Note:** If you have a bat sensor, an additional metric to track would be **AVERAGE ATTACK ANGLE**.

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.

