

**Hitting Progression**

**GOALS**

Each Step should be repeated every other day 3-5 x's.

Pain Rule: If at any point during a step the athlete feels pain they should stop the step and repeat where they left off once the soreness has subsided.

Important to work on form-remember less is more and once fatigue sets in then form breaks down.

**SUGGESTED WARM-UP**

4-5 minute jog

Upper and lower body stretch

Approximately 25 dry swings at 50%-working on form

**STEP ONE**

All hitting off of tee

Form is most important here-drive through legs and turn with core

Working straight away hitting

Each swing and percentage is listed

Set tee up for down the middle pitch (front foot is approx. 1 1/2 feet away from stem)

# OF SWINGS	% OF POWER
25 Dry Swings	50% (warm-up)
5	50%
5	75%
Rest	
5	75%
5	50%

**STEP TWO**

Soft Toss/flip drills

Balls are hit into a net after being tossed underhand in a short arc at 450 on the open side of the hitter.

Toss distance should be 4-6 ft

Consistent tosses aimed at the hitter's front thigh or hip for straight away hitting.

Take time between each toss for the hitter to reset-hitters get tired between swings when the person tossing does not allow time between swings-be patient.

# OF SWINGS	% OF POWER
25 Dry Swings	50% (warm-up)
10	50%
10	75%
5	100%
5	50%

## STEP THREE

Begin working on hitting out to right and left field

Important to work on hand and hip position during this step

Begin by hitting off of tee for form and set up to work inside and outside pitch

# OF SWINGS	% OF POWER	DIRECTION
25 Dry Swings	50% (warm-up)	n/a
10	50%	Right
10	75%	Left
10		Right
10	75%	Left
5	50% (cool-down)	Straight

## STEP FOUR

Soft Toss/flip drills

Balls are hit into a net after being tossed underhand in a short arc at 450 on the open side of the hitter.

Toss distance should be 4-6 ft

Consistent tosses aimed at the hitter's front thigh or hip for straight away hitting.

Take time between each toss for the hitter to reset-hitters get tired between swings when the person tossing does not allow time between swings-be patient.

# OF SWINGS	% OF POWER
25 Dry Swings	50% (warm-up)
15	50%
15	75%
15	100%
Rest	
15	75%
15	50% (cool-down)

## STEP FIVE

A coach or player will sit on a bucket behind a screen and toss pitches from directly in front of the player usually in a cage or on a baseball field.

Toss distance should be 4-6 ft

This can be done from a distance of 15 to 20 feet and then from a 45 foot distance.

Pitches should be thrown consistently and to particular zones, allowing the player to duplicate each swing as precisely as possible

# OF SWINGS	% OF POWER	DISTANCE
25 Dry Swings	50% (warm-up)	
10	50%	15-20
15	75%	15-20
15	100%	15-20
Rest	Rest	
15	50%	35
10	75%	35
10	100%	35

## STEP SIX

Dead BP

Little League (46 ft) distance should be 40 feet

Pony League (54 ft) should be 49 feet

HS/College (60 ft) should be 54 feet

- Pitches are thrown at a consistent speed by either machine or coach at an average speed 10-15 mph less than the hitter will face.
- Pitches are thrown into particular hitting zones.
- Repetition with consistency is key
- No more than 40 pitches to be hit

## STEP SEVEN

Live Game situation BP

- Hit in game situation with team.
- Live pitcher/coach/machine from regulation distance for league.
- Vary pitch location in zone
- Player should swing at no more than 40 balls.