

Fun Hitting Drills

Free Hitting

Age Appropriate

Grouping 1, all ages

Objective

To let players hit free from coaching or instruction, allowing them to put all of the pieces of the swing together after drill work

Setup

Bucket of balls, coach or pitcher to throw or to feed a pitching machine

Execution

This is what we call regular batting practice or live hitting in the cage. Let players hit and have fun. Resist the urge to coach. Coaching and tinkering are for drill work. As players get older it's okay to have them work on bunting, hit and runs, and moving runners over during free hitting or batting practice. Hitting is supposed to be fun, so let the kids have at it. Note when corrections are needed and work on them during drill sessions.

