

Regular Hitting Drills

Stickball Drill

Age Appropriate

Grouping 4, ages 7 to 15+

Objective

To develop a quick swing that allows the hitter to maintain balance throughout

Setup

Small plastic balls, coach or player to toss, thin stickball bat, net or screen to hit into

Execution

This drill uses small plastic balls and a shaved-down stickball-type bat. (You can make your own or look in various sporting goods stores for a similar product.) Have the batter take a natural stride and stop without starting the swing. This is the starting point. Take the bottom half of the body out of the drill. The tosser flips the ball to the hitter just as in regular soft toss. Batters swing as hard as they can, maintaining balance without striding, and reload quickly. As soon as they reload, the next ball is tossed. Each hitter should take 5 to 10 swings. This drill is best done into a net or screen. Balls might be too small to hit into a fence. Batters should try to hit every ball into the target. The drill stresses balance. If hitters can't reload quickly or stumble, they are not balanced throughout the swing.



Coaching Keys

If the batter is swinging late and can't seem to get ready for the next pitch, slow down the pace. This is not a race. Let the batter set the pace. If the reason that the batter can't get loaded in time is because he or she is off balance, try having the hitter use a wider or more narrow stance until a comfort zone is located.