

DEVELOPING YOUR HITTING ACTION

OVERVIEW:

Whether you are a mechanically rigid hitter or your style is more free and dynamic, honing your ability to contact the ball across different pitch sequences ensures you can consistently hit pitches of varying locations, speeds, and movement planes—which is exactly what you must do in a game. Think about it like this:

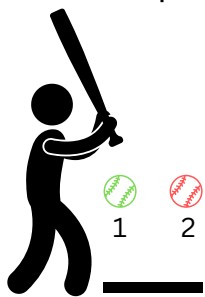
If you hit the ball on the barrel - good things happen

PROPOSE:

This activity helps you assemble all of the mechanical and install dynamic swing features into a single, fully composed hitting action you can use in a competitive game environment to accomplish offense no matter what the pitch.

From a straight toss or BP position, the pitcher/tosser delivers a **specific sequence of pitches** to the hitter. After several rounds through **the same pitch sequence**, discuss what swing flaw or occurring. Cycle back to work on that specific swing correction, then repeat the pitch sequence pattern. Move back and forth between the pitch sequence activity and swing correction until the desired level of execution is achieved.

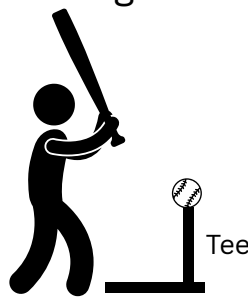
Phase 1 East/West (Inside/Outside) Pitch Sequence



Hitter strikes inside pitch well but outside pitch poorly



Phase 2 Cycle back to isolate and correct the swing flaw



Work mechanics to hone correctly contacting outside pitch



Phase 3 Repeat East/West Pitch Sequence



Hitter now strikes inside and outside pitch well

ADVANCING THE DRILL

Add 3, 4, even 5 pitches to East/West sequence

Change speeds by tossing the first ball hard then the second softer (aka North/South)

Add a Curveball simulation by bouncing the ball off the cage floor

Come up with your own