



7 HOME DRILLS FOR BETTER HITTING

Improve your hitting skills today!



Drills

Contact and Stop
Extension and Stop
Hit a Soccer Ball
Underload/Overload
Wiffle Ball
Anchored Swings
Any Swing but Your Own

These drills are a focal point for the mechanics we discuss in our Directional Rotation blog series.

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Practice These 3-4x Per Week | 10 Reps Each

#1: CONTACT AND STOP

- Take your swing to contact position
- FREEZE completely for 3 seconds
- Front leg firm, chest facing pitcher, barrel through the zone
- Why: Teaches bracing at contact instead of spinning past the ball

#2: EXTENSION AND STOP

- Swing through to full extension
- FREEZE with arms fully extended toward pitcher
- Hold 3 seconds, feel front side staying firm
- Why: Trains barrel staying through the ball, not cutting across

#3: HIT A SOCCER BALL

- Set soccer ball on tee at normal contact height
- Take full swings, focus on driving ball forward (not rolling it)
- Heavy ball = must brace properly or you'll bounce off it
- Why: Instant feedback on whether you're capturing energy into front side



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#4: UNDERLOAD/OVERLOAD

- Light bat (or broomstick): 10 swings at max speed
 - Heavy bat (or weighted trainer): 10 swings staying controlled
 - Game bat: 10 swings – should feel faster
- Why: Builds bat speed while maintaining proper mechanics

#5: WIFFLE BALL

- Parent tosses from short distance (15-20 feet)
- Focus on quality contact, not power
- Groove your timing and see the ball travel
- Why: Safe, fun, builds confidence with repetition

#6: ANCHORED SWINGS

- Take full swings with BOTH FEET staying on the ground
- No lifting back foot, no hopping, no stepping
- All rotation happens while feet stay planted
- Why: Teaches proper energy capture and bracing without lower body drift

#7: ANY SWING BUT YOUR OWN

- Watch MLB/college highlights
- Mimic different players' swings in slow motion
- Feel what others do differently
- Why: Expands movement vocabulary and self-awareness

EQUIPMENT NEEDED:

Tee

Wiffle balls

Soccer ball

Light & heavy bat (or household alternatives)

QUESTIONS?

Text "HOME DRILLS"
to 317-210-2682

or visit

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