

Stance & Load Check

3-4 min

EQUIPMENT

Bats only - no balls

SETUP & EXECUTION

Line up players facing coach. On "Stance!" players get in batting stance. Coach walks through and makes quick adjustments. On "Load!" players shift weight to back leg and bring hands back slightly. On "Swing!" players take dry swing. Reset and repeat 5-6 times.

COACHING POINTS

- Feet slightly wider than shoulder width, knees bent
- Weight balanced, maybe slight favor to back leg (60/40)
- Hands near back shoulder, not wrapped behind head
- Eyes level, both eyes on pitcher, chin near front shoulder
- Load = small weight shift back, NOT a big leg kick at this age

SKILLS FOCUS

Stance fundamentals Balance Load timing

Tee Work - Basic

10-12 min

EQUIPMENT

Batting tees (2-3 if possible), buckets of balls, nets or fence, helmets

SETUP & EXECUTION

Set tee at front-center of strike zone (belt high, middle of plate). Player takes 8-10 swings focusing on contact point. Coach watches from behind or side. Rotate players through. Adjust tee height for each hitter.

COACHING POINTS

- Contact point is out front - "hit the ball before it reaches your body"
- Swing THROUGH the ball, not AT it - full extension
- Back elbow stays close to body, hands stay inside the ball
- Head stays still - watch the bat hit the ball
- Finish high with hands near opposite shoulder

PRO TIP

Watch for "golf swings" (uppercut) and "chopping wood" (steep downswing). The bat path should be slightly upward through the zone to match pitch plane.

Tee Work - Inside/Outside

8-10 min

EQUIPMENT

2 batting tees, balls, net, home plate (or draw one in dirt)

SETUP & EXECUTION

Set one tee on inside part of plate (closer to hitter), one on outside part. Player alternates: 3 swings inside, 3 swings outside. Focus on different contact points - inside pitch is hit further out front, outside pitch is hit deeper.

COACHING POINTS

- Inside pitch: contact way out front, pull the ball, quick hands
- Outside pitch: let ball travel deeper, drive to opposite field
- Don't reach for outside pitch - let it come to you
- Hips clear faster on inside, stay closed longer on outside

SKILLS FOCUS

Pitch location Contact point adjustment Opposite field hitting

Soft Toss

8-10 min

EQUIPMENT

Bucket of balls, net or fence, helmet, bucket or stool for tosser

SETUP & EXECUTION

Tosser kneels/sits at 45-degree angle to hitter's front hip, 6-8 feet away and off to the side (not in swing path!). Toss ball underhand into hitting zone. Hitter drives ball into net. 8-10 swings then rotate.

COACHING POINTS

- Tossers: consistent location and timing - match hitter's rhythm
- Hitter: wait for the ball, don't lunge forward
- Track the ball from tosser's hand to bat
- Same swing as tee work - just adding timing element

SAFETY NOTE

Tosser must stay out of swing path! Use an L-screen if available, or position well to the side. Never toss from directly in front.

Front Toss / Flip Drill

10-12 min

EQUIPMENT

L-screen (strongly recommended), bucket of balls, net, helmets

SETUP & EXECUTION

Coach kneels behind L-screen, 15-20 feet in front of hitter. Flip ball underhand toward strike zone with arc. Hitter times swing and drives ball into net. More game-like timing than soft toss. 8-10 swings per hitter.

COACHING POINTS

- This is about timing - seeing the ball come from in front
- Load as the ball is tossed, swing as it enters zone
- Don't overthink - trust your hands
- Watch for hitters pulling off (stepping toward third/first base)

VARIATION

Call "inside" or "outside" as you flip to work on recognition. Or flip from different heights to simulate different pitch locations.

One-Hand Drills

5-6 min

EQUIPMENT

Light bats or training bats, tee, balls

SETUP & EXECUTION

Using a lighter bat, hitter takes swings off tee with only top hand, then only bottom hand. 5 swings each hand. Forces proper hand path and wrist action. Can also do with soft toss.

COACHING POINTS

- Top hand (right for righties): controls bat angle and extension
- Bottom hand (left for righties): pulls the bat through, creates power
- Use a light bat - a regular bat is too heavy one-handed
- Focus on bat path, not power - these are feel drills

SKILLS FOCUS

Hand path Wrist action Bat control

EQUIPMENT

L-screen, bucket of balls (30+), helmets, full field or cage

SETUP & EXECUTION

Coach throws from behind L-screen at ~35-40 feet (shorter than regulation to keep velocity manageable). Each hitter gets 8-10 pitches. Rest of team shagging in field or waiting on deck. Keep it moving - don't let energy die.

COACHING POINTS

- Throw strikes! BP is about building confidence, not fooling hitters
- Consistent speed and location lets them work on timing
- Encourage swinging - don't let them take too many pitches
- Have another coach give quick feedback after each round

PRO TIP

Structure the round: "First 3 pitches - focus on contact. Next 3 - drive the ball. Last 2-3 - hit it where it's pitched." Gives purpose to each swing.

Bunting Fundamentals

8-10 min

EQUIPMENT

Bats, balls, tee or soft toss setup, helmet

SETUP & EXECUTION

Teach square-around bunt: as pitch comes, pivot both feet to face pitcher, slide top hand up bat (behind barrel), hold bat at top of strike zone. "Catch" the ball with the bat - let it deaden. Practice off tee first, then soft toss. Aim: down third base line or first base line.

COACHING POINTS

- Top hand slides up - fingers BEHIND the bat (don't wrap around)
- Bat starts at TOP of strike zone - only bunt strikes
- Bend knees to bunt low pitches - don't drop the bat head
- "Catch" the ball with the bat - soft hands, absorb the impact
- Angle the bat toward first OR third to direct the bunt

PRO TIP

In Advanced Baseball, bunting is a real weapon. Even if your league rarely uses it, teaching bunting develops bat control and hand-eye coordination that helps hitting overall.