

## Hitting Drills for Success

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## Game Hitting Traps



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## Timing w Pitcher

Pitcher Isn't Ready – Batter Isn't Ready

Pitcher Kind-of Ready – Batter Kind-of Ready

Pitcher Ready – Batter Ready

*Ball Moves at Batter – Batter Moves at Ball*



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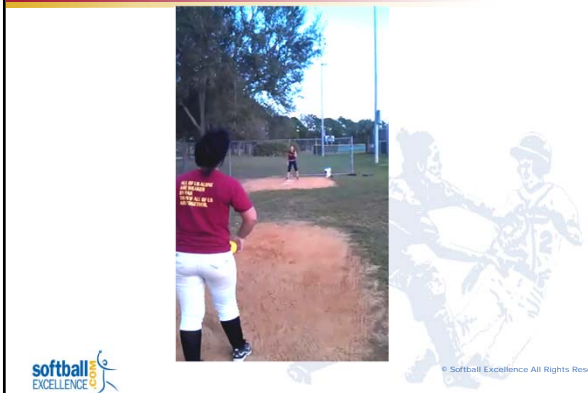
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**Timing & Tracking – It’s About Your Eyes**




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**Side Catching**




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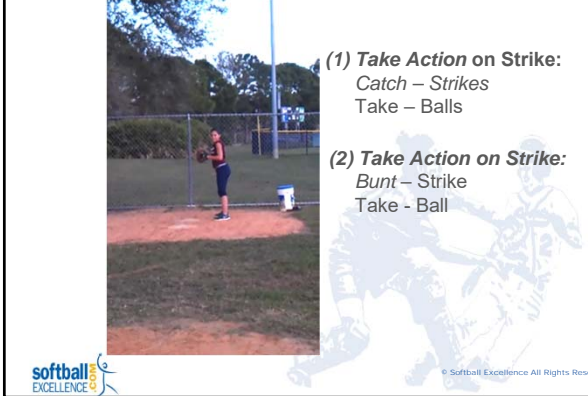
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**Side Catching with Action**



- (1) Take Action on Strike:**  
 Catch – Strikes  
 Take – Balls
- (2) Take Action on Strike:**  
 Bunt – Strike  
 Take – Ball

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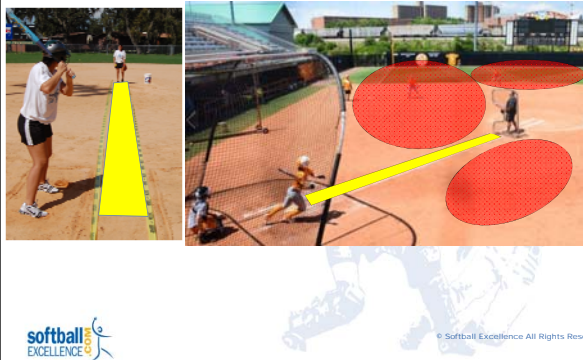
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### Lane Hitting – Block out the Noise



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### Competing Against Your Self

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### Bat Taps

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- Teams of 2:**
- Taps in 30 sec
  - Add together
  - Most taps wins!

*If hits:*

- body, ground, another...don't count it but keep going

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**T Stackers**



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**Zip Disks**



**Points:**  
Misses Disk = **+1 Tosser**  
Hits Disk = **+2 Hitter**  
First to 10 Wins

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**Throw T**



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**Bounce T**



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**Competing Against Defense**

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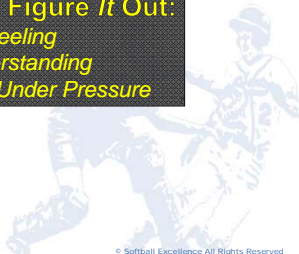
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***Drills Don't Equal Skills!***

**Help Them Figure It Out:**  
*Feeling*  
*Understanding*  
*Repeating Under Pressure*



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**Beat the Runner**

C-3B-SS-2B-1B-C



00:00:00



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**Race to 1st**



00:00:05:28



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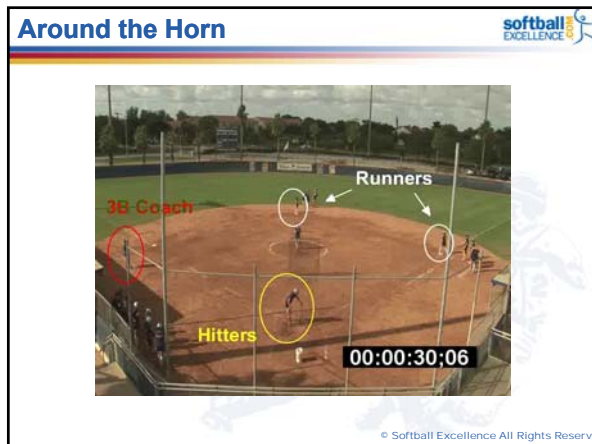
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### Last Player Standing

1 pitch

OUT: swing & miss  
let's K go by  
hits foul ball

00:00:28:12

OUT:  
- Watch Strike Go By  
- Popup

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### Team Batting Practice - 40 Minutes

- Baserunning
- Live
- T's
- Shagging

10 minutes per station (40 Total)

SHAGGING

BASERUNNING

BASERUNNING

LIVE

T's

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### Team BP

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GREAT Softball Educational Material

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