

HORNET HITTING PHILOSOPHY

MECHANICS

1. FEET

- a. Start half out and end half in.
- b. The back foot will be turned in. (pigeon toed)
- c. Starting in a post stride position will create less movement.
- d. Starting in a full stride position will create more movement.
- e. On stride, lead with the heel in front of toe.
- f. On heel strike, the toe will be in front of the heel.

2. HIPS

- a. Keep hips level.
- b. Coiling the front hip around back hip will start the stride.

3. SHOULDERS

- a. Keep front shoulder slightly under back shoulder until contact.
- b. The front shoulder will coil back when the front hip coils back.
- c. The shoulders will coil at the same angle as the hips not greater than the hips.
- d. Keep front shoulder inside the baseball as long as possible.

4. ELBOWS

- a. Front elbow will stay down throughout the swing.
- b. Back elbow may start up or down until it slots into lag position.
- c. The lag position will be at the backside rib cage area.
- d. The elbows will stay in connection with the body until the swing gets to extension.

5. HANDS

- a. Grip – stack middle knuckles, keep bat out of palms.
- b. Hands will push back when front hip coils.
 - i. If back elbow starts down the hands will get outside the elbow.
 - ii. If back elbow starts up the hands will get even with the elbow.
- c. The hands and back elbow will create the lag position for a longer area of impact.

6. HEAD

- a. Keep as still as possible, some horizontal movement, very little vertical movement.
- b. Maintain vision with both eyes as long as possible.

HITTING POSITIONS

1. STANCE

- a. Needs to be a balanced position, where you can see the pitchers release point.
- b. Needs to be able to create rhythm with the pitcher.
- c. Needs to get you into the hitting position with as little movement as possible.
- d. The load and stride will get you to the hitting position.

2. HITTING POSITION

- a. After stride land into a cushion position with knees being flexed and body weight at your mid line to just inside of your back knee.
- b. Front foot will be half in and open to the second baseman. (shortstop for left handed hitters)
- c. Timing may occur with the front side or backside.
 - i. Front side timing – Secondary cushion is the key to this type of timing this occurs when you land in cushion early and have to wait on the pitch. Gradually increase the weight on your front leg, increasing the bend in your front knee keeping the torque between your hips and shoulders intact.
 - ii. Backside timing – In this type of timing the back knee will time the pitch using a lateral pinch of the knee. The medial side of the back knee will work towards the baseball after the ball has been released. Then the back hip will turn the back knee and the knee will in turn release the back foot.

3. CONTACT / IMPACT

- a. This is the most important position.
- b. The front leg will straighten, snapping the hips open.
- c. The shoulder and hips are open to the pitcher.
- d. The back elbow is at the back hip.
- e. The front elbow is close to the chest.
- f. The hands are palm up palm down.

4. EXTENSION

- a. The bat speed will extend your hands and arms
- b. The hands will stay in a palm up palm down position all the way through extension
- c. You may lose some extension on some pitch locations that you turn down on.

5. FOLLOW THROUGH

- a. Finish around your front shoulder, not above your head or below your elbows.
- b. One handed finish can give your upper body more movement and freedom.
- c. Two handed finish may help you get to extension.

6. DRILL SET

a. Throw Back Drill (Tee or Soft Toss)

- i. Hold bat loose in your hands, belt high at a 45 degree angle to the pitcher.**
- ii. Bring the bat back at the same angle that you want your swing to go to the ball. The hands will stop where they want to stop not where you want them to stop.**
- iii. Your body will get into rhythm with your bat.**
- iv. This will help to create a one part swing.**

b. Short Bat drill (Tee or Soft Toss)

- i. Bottom hand, throw back drill.**
 - 1. Flick the bat**
 - 2. If you fill your front shoulder your bottom arm is getting to long.**
- ii. Top hand drill (From short toss)**
 - 1. Turn chest to pitcher and hit the ball back at the screen.**

c. Helicopter Drill (Tee or Soft Toss)

- i. A two handed drill, the hitter will swing and twist the bat back around to contact for getting a fill for letting the follow through happen out front.**
- ii. Most hitters do not need this.**
- iii. This is for the hitter who needs to shorten up his follow through.**

HORNET HITTING PHILOSOPHY (VISION, RHYTHM & TIMING)

Vision

- Vision is not just tracking the baseball to the hitting zone; it is also reading location, speed and type of pitch.
- Recognition of the pitch starts at the release of the baseball; this is done by reading the pitchers release point.
 - Fat wrist – fastball
 - Thin wrist – curveball
 - Fingers on the inside of the ball – change-up
 - Fingers off-set to the outside of the ball – slider
- After the pitch is release the hitter can also pick up the spin of the ball to identify the type of pitch.
- Hitters must identify the pitch in the first 15 to 20 feet after release of the ball.
- Good vision will set the hitters timing.

▪ DRILL SET

- 20 Foot Pitch ID
 - Pitcher is 60' from hitter, a 6X6 screen is 20' from pitcher.
 - Pitcher will pitch into the screen, throwing deferent types of pitches.
 - Hitter will ID type of pitch FB, CB, CH before the ball hits the screen.
 - Hitters will also work rhythm and timing.
- Numbered Balls (Hack Attack)
 - Bunting and Hitting
 - ID the number as it comes out of the machine.
 - Even / Odd Game.
- Tracking Bull Pens
 - Hitter will work rhythm and timing.
 - ID type of pitch

Rhythm (Load)

- Is referring to the actions taken by a hitter to be on time with the pitch...(Preparatory Movement)
- A hitter must get in rhythm with the pitcher. Rhythm is how and when the hitter loads.
- Rhythm begins with the initial negative movement or “load”
- Examples
 - High Leg kick
 - Rock back or pick up
 - Toe tap
 - No stride

- There are four main loading mechanisms for a hitter to use while getting into rhythm.
 - The slowest rhythm starts when the pitcher breaks his hands.
 - When the pitchers front foot lands.
 - When the pitchers chest opens to the hitter.
 - The quickest is at release of the ball.
- The slower or longer the load the earlier the hitter must start his load.
- The quicker or shorter the load the later the hitter can start.
- After the pitcher releases the baseball the hitter will cock his front hip. The cocking of the hip will start the stride. It will also start the hitters timing of the baseball.

Timing (Stride)

- Refers to delivering the barrel “on time” relative to the timing the hitter is executing.
 - Timing begins with the anterior part of the back knee working to the baseball.
 - Timing ends at contact with the ball “on time” at or around the front foot.
 - The point of contact correlates with what rhythm the hitter is in.
- Examples of timing
 - Early Timing
 - Hitter will get his front foot down early (when the ball is about halfway to home plate) to be on time with a middle in fastball and to hit the ball in the middle of the early timing field.
 - Hitter is responsible for the inner 14 inches of the plate.
 - The middle of his field will be the pull side alley.
 - Will use majority of time if pitchers velocity can beat the hitter.
 - DRILL SET
 - Hitter activated Step Behind.
 - The ball will be pitched when the hitter’s front foot starts forward.
 - Pitcher activated Falls.
 - The hitter will start his timing (stride) when the ball is released. (front foot down when the ball is halfway)
 - Split Timing
 - Hitter will get his front foot down on time with a fastball to hit the ball in the middle of the split timing field.
 - Hitter will read type of pitch out of the pitchers hand.
 - Hitter’s tempo will slow down on off speed pitches.
 - Hitter is responsible for the middle 14 inches of the plate.
 - The middle of his field will be the centerfield marker.
 - Will use majority of time if hitter’s talent is equal to pitcher.
 - DRILL SET
 - Pitcher activated 1 to 5’s
 - The hitter will use his starting trigger off of the pitcher.
 - The hitter will ID the type of pitch and use proper tempo to get to the pitch on time.

- **Pitcher activated Timing Tee.**
 - **The hitter will use his starting trigger off of the pitcher while he rolls the baseball to the tee.**
 - **The hitter will time the rolling ball so when it hits the base of the tee the hitter will hit the ball that is on the tee.**
 - **The hitter can also use a blocker that is set three foot in front of the tee.**
 - **Pitcher activated Walk Through**
 - **The hitter will use his starting trigger off of the pitcher.**
 - **The hitter will step over his front foot to time the pitch.**
 - **The stride length and tempo may not be the same every time.**
 - **The hitter may have to ride his back leg out until the ball gets into the zone.**
 - **Late Timing**
 - **Hitter will start his stride late (when the ball is about halfway to home plate) so the ball will travel and he will be on time with a middle / away fastball to hit the ball in the middle of the late timing field.**
 - **Hitter is responsible for a 20 inch plate.**
 - **The middle of his field is the oppo alley.**
 - **DRILL SET**
 - **Hitter activated Step Behind**
 - **The ball will be pitched when the hitters back foot lands after crossing behind his front foot.**
 - **Pitcher activated Falls.**
 - **The hitter will start his timing (stride) when the ball is half way to home plate. (hitters medal side of his back knee will start to the ball)**

HITTING DRILLS

VISION

NUMBERED BALLS
TRACKING PENS
20' ID

RHYTHM & TIMING

TEE DRILLS (FALLS/1-5'S)
TIMING TEE
BLIND TEE
THROWBACKS
STEP BEHIND
STEP THROUGH
SECONDARY CUSHION
50, 60, 70
TEMPO (1 2 3)
SHORT TOSS (FALLS/1-5'S)
HK'S
STEP BEHIND
STEP THROUGH
SECONDARY CUSHION
50, 60, 70
TEMPO (1 2 3)

MECHANICAL

UPPER BODY
LEAD ARM SHORT BAT
TOP HAND SHORT BAT
NYES
LOWER BODY
MED BALL
TIRES
BANDS
LAG
INTERNAL
EXTERNAL

BATS AND OTHER TRAINING IMPLEMENTS

BASEBALL BAT

KYZER BAT (FAT HANDLED, 28 TO 30 INCH, 45 TO 60 OZ.)
MAN MAKER (REGULAR HANDLED, 28 TO 30 INCH, 45 TO 60 OZ.)
EASTON TORPEDO BAT
HALO BAT
CLICKER ROD
40/40 BAT (40 INCH, 40 OZ.)

TIRES

MED BALLS

BANDS