

HITTING SKILLS AND DRILLS – 18U ATHLETES
RALPH WEEKLY, UNIVERSITY OF TENNESSEE

A. HITTING FUNDAMENTALS

- 1) STANCE
- 2) RYTHYM AND MOVEMENT
- 3) NEGATIVE MOVE TO TOE TOUCH
- 4) WEIGHT SHIFT
- 5) HANDS TO THE BALL
- 6) CONTACT
- 7) FINISH

B. THE STRIKE ZONE

- 1) KNOWING YOUR PITCH
- 2) KNOWING WHAT THE PITCHER IS GOING TO THROW
- 3) KNOWING THE UMPIRE'S ZONE

C. MAJOR PROBLEM AREAS

- 1) STRIDE
- 2) HANDS TO THE BALL
- 3) STAYING LONG THROUGH THE BALL
- 4) INSUFFICIENT BAT SPEED

D. HITTING WITH A PLAN

E. VISUAL TRAINING

- 1) TYPES AND AVAILABILITY
- 2) FOCUS DRILLS
- 3) PITCH RECOGNITION DRILL

F. MY FAVORITE DRILLS

G. BAT SPEED

H. SPECIFIC CIRCUIT TRAINING FOR 18U ATHLETES

I. 150 SWINGS FOR SUCCESS

J. POOR COACH'S CIRCUIT