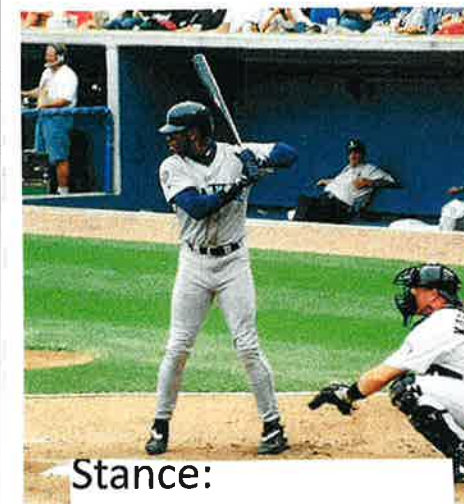


Michigan Rebels Batting Skills Development

Coaches Clinic - October - November 2017

(MRF Batting Coaches Clinic Batting Drills Lake St Indoor Oct Nov 2017.xls)

Description of Drill	Name of DRILL
<p>1.) STANCE: FEET - KNEES - SHOULDER - KNOCKING KNUCKLES - ARM PIT:</p> <p>b.) FEET spread slightly more than shoulders - Athletic Position.</p> <p>a.) Toes lined-up and perpendicular to the line to pitcher - "STEPPER".</p> <p>d.) Front foot at "comfort" angle - "NON-STEPPER".</p> <p>e.) KNEES pointing in (slightly knocked knees while maintaining athletic position).</p> <p>f.) Front SHOULDER slightly dropped but relaxed with both elbows relaxed and down.</p> <p>g.) KNOCKING KNUCKLES of hands lined up.</p> <p>h.) Bat sits on point of neck and shoulder - relaxed pointing upwards at about 45 degrees.</p> <p>i.) Hands lined up in front of back ARMPIT comfortably close to body - sets bat at correct angles.</p> <p>*Get into and out of position 10 times</p>	<p>STANCE DRILL</p> <p>STANCE</p>
<p>2.) Load-Trigger drill:</p> <p>a.) Start from STANCE.</p> <p>b.) Load hands back just past the back shoulder - elbows relaxed. STRETCH!</p> <p>c.) At same time, lift front heel up 1" or less OR step forward to comfort angle with heel up 1" or less.</p> <p>d.) Front knee flexes inward to lift the front heel up - front hip does not move up or down with heel. When picking foot up, front knee should move toward back knee - don't move front hip</p> <p>*Complete load-trigger drill 10 times</p>	<p>TRIGGER DRILL</p> <p><u>Lift front Heel</u> or <u>STEP to Comfort Angle</u> with heel up</p>
<p>3.) Weight Transfer Drill - Stance to weight transfer against SFSA:</p> <p>a.) Execute Load to Trigger as in (2) above.</p> <p>b.) After Trigger, move front hip forward (do not spin) with weight transfer against SFSA. SFSA: Front hip will open by itself with the belly button pointing to 2nd baseman. Stick the SFSA and do NOT creep past it.</p> <p>NOTE: Back elbow against back hip and at 45 degrees and perpendicular to front of body.</p> <p>*Complete weight transfer drill 10 times</p>	<p>Weight Transfer Drill</p> <p>Weight Transfer against the Strong Front Side Axis (SFSA)</p>
<p>4.) Drop Bat drill – Introduces the Hitters Box (HB=Imaginary box formed by shoulders and elbows points).</p> <p>a.) Start with stance to set-up the dropped bat position for this drill as follows:</p> <ol style="list-style-type: none"> Drop bat backwards and pointing downwards by lifting front elbow upwards. Back Elbow rest against back hip in an "L" position as in (3) above. Front elbow is pointing upwards in an "L" position at height in front of front shoulder. <p>b.) Load to Trigger to weight transfer keeping "Hitters Box" in tact through to ball contact position.</p> <p>NOTE: When the bat is pointing downwards and front elbow is up, the front forearm is in line with the bat.</p> <p>*Complete drop bat drill 10 times</p>	<p>DROP BAT DRILL</p> <p>(Use of Bat - Hitters Box) for Strong Front Side Axis (SFSA)</p>
<p><i>In coming weeks, add these EASY TO LEARN additional drills, but get these top 4 down first!</i></p>	
<p>5.) Stance to Load to trigger to weight transfer to contact (Ball on Tee or front edge of bag at CONTACT). NOTE: CONTACT is generally located across from from lead foot's toe. USE OF FOREARMS, WRISTS, & HANDS.</p>	<p>Stance to Contact Drill</p>
<p>6.) Stance to contact freeze and then to Power V.</p>	<p>Stance to Power "V" Drill</p>
<p>7.) Stance through contact to Power V, freeze and then to follow through.</p>	<p>Stance TO Follow-through</p>
<p>8.) Stance to full follow through.</p>	<p>Stance to Follow-Through</p>



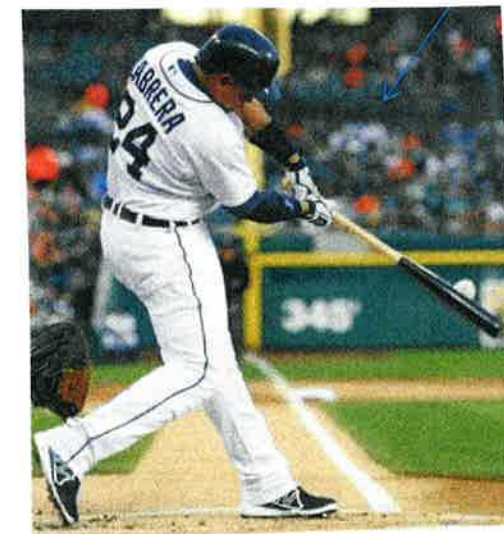
Stance:
-Front should down
-Bat on shoulder
-Knees in



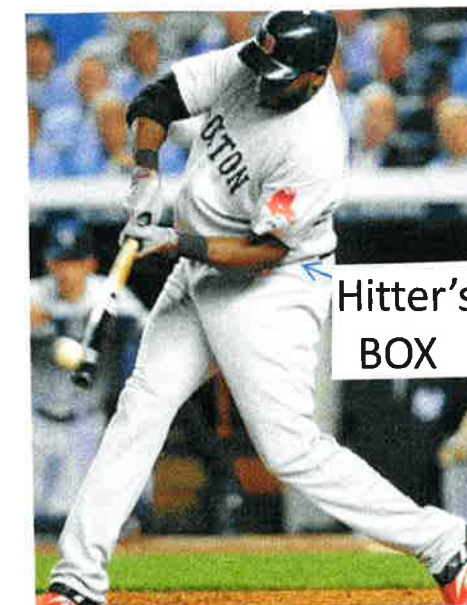
STRETCH



Knees in
during stride
-Load with
hands back



Weight Transfer
against the
Strong Front Side Axis
(SFSA)



Hitter's
BOX



DROP BAT DRILL
(Use of Bat - Hitters Box)
for
Strong Front Side Axis
(SFSA)



Extension



Load



Weight Transfer



Forearms



Hitter's Box



Strong Frontside Axis



Power "V"



Follow Through



Hips Forward



Strong Frontside Axis



Strong Frontside Axis



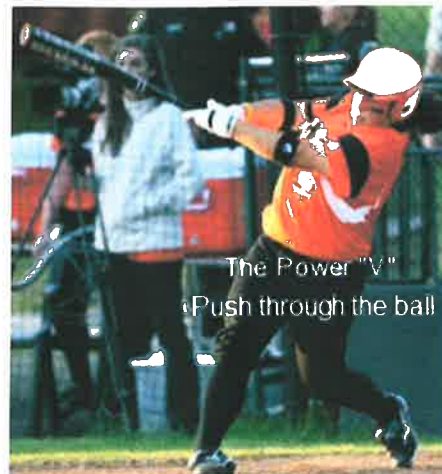
Contact



Hitter's Box



Through Contact



Power "V"



Jessica Mendoza
Hitter's Box



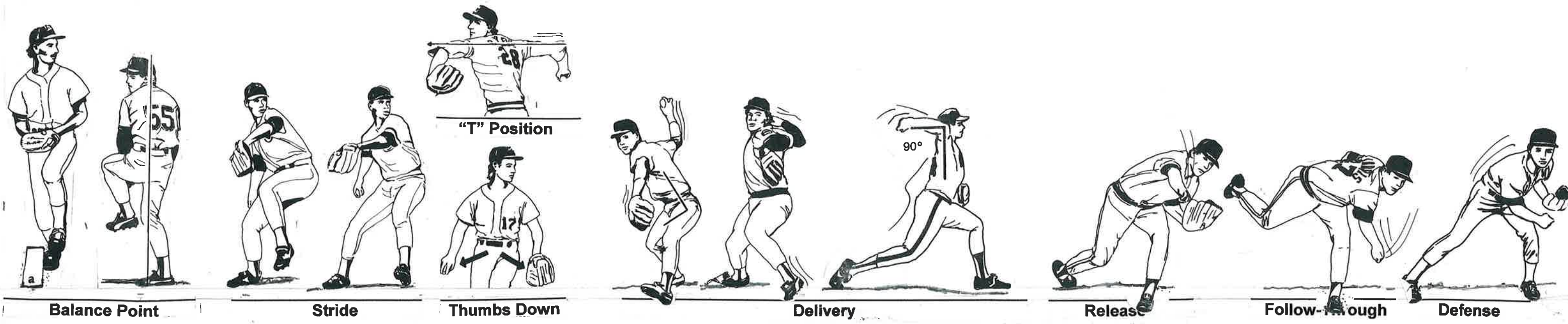
Jessica Mendoza
Load



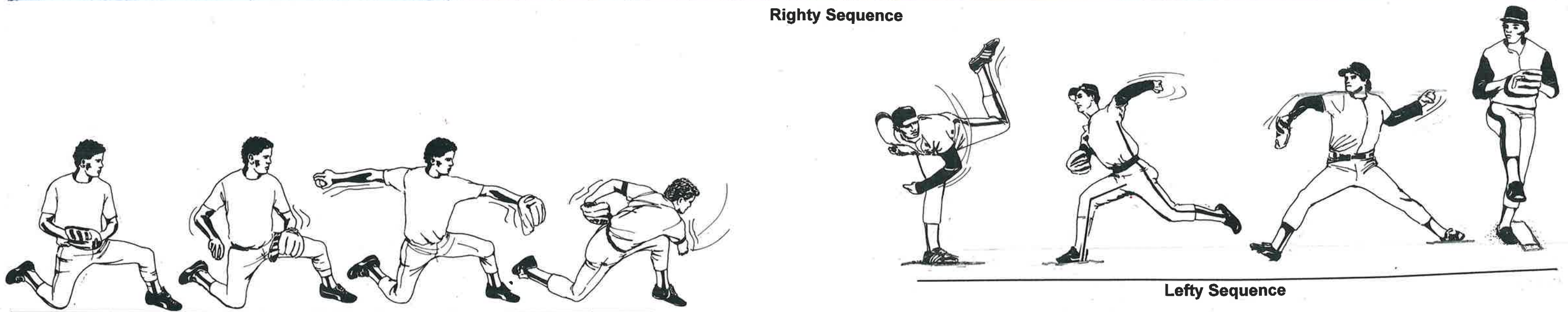
Bustos
Power "V"



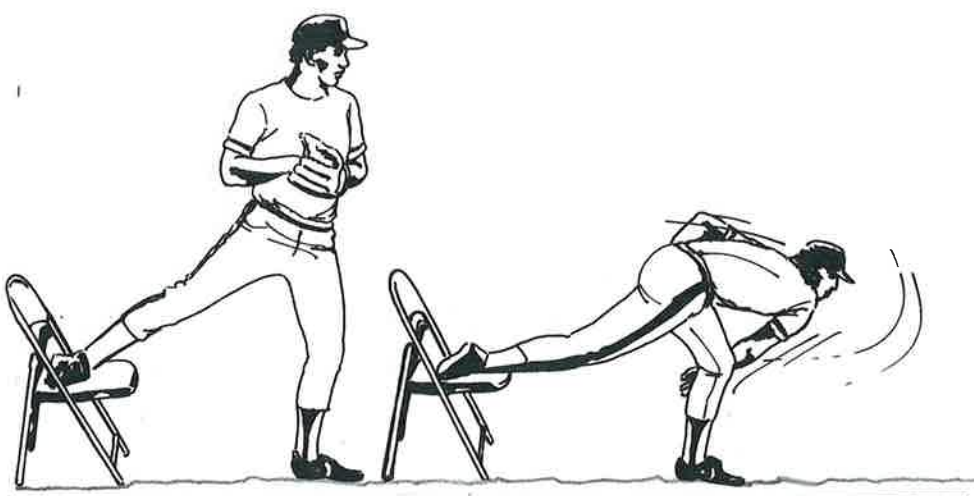
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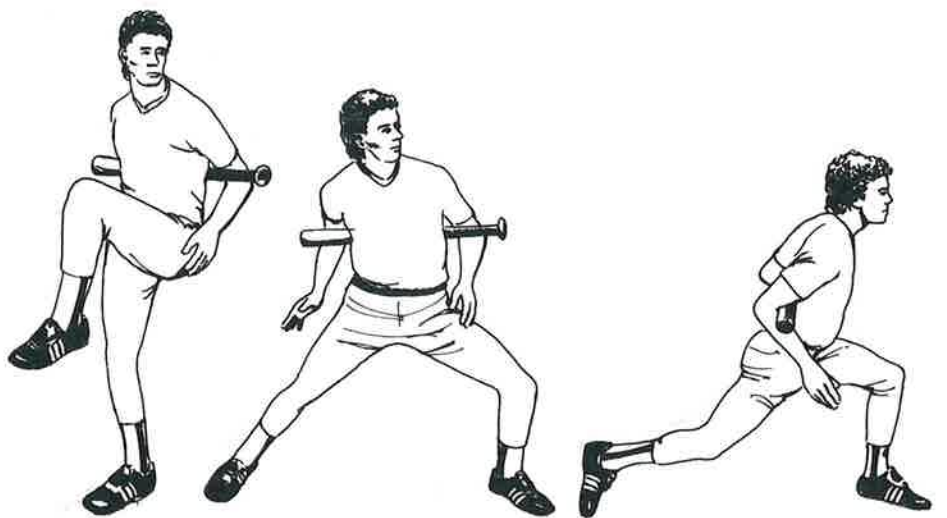
Righty Sequence



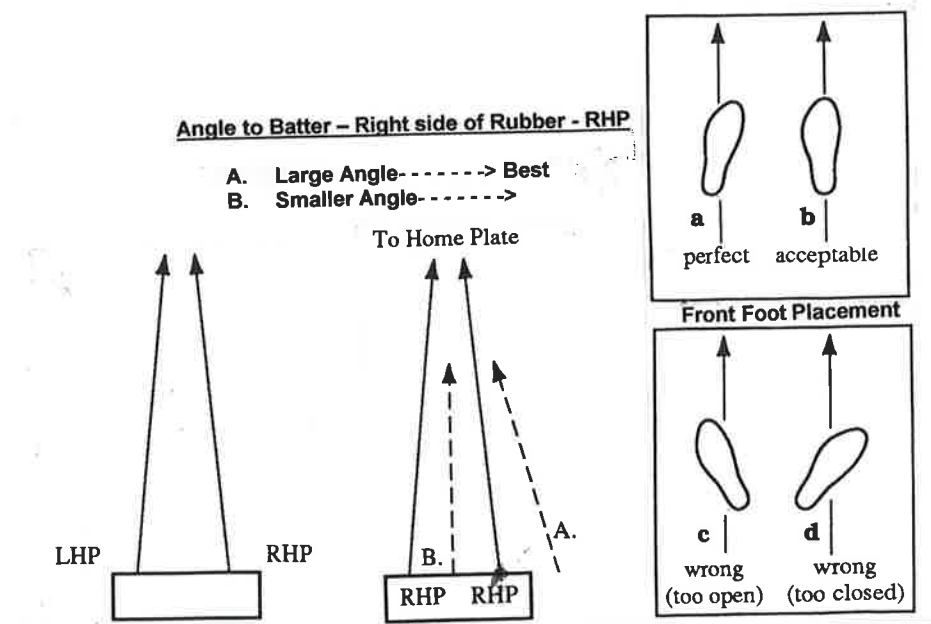
Knee Drill



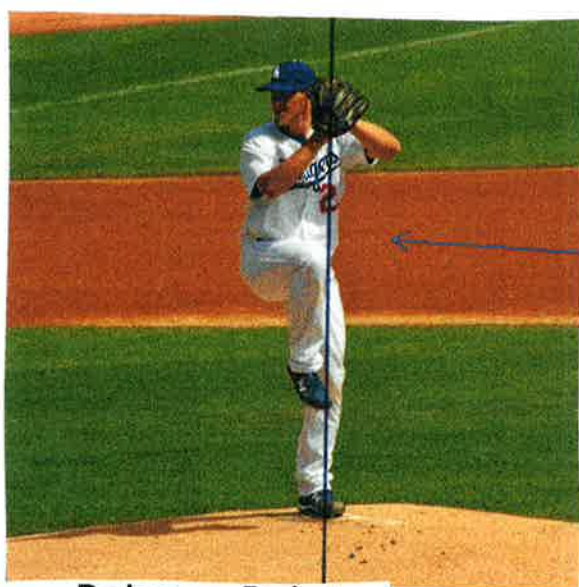
Chair Drill



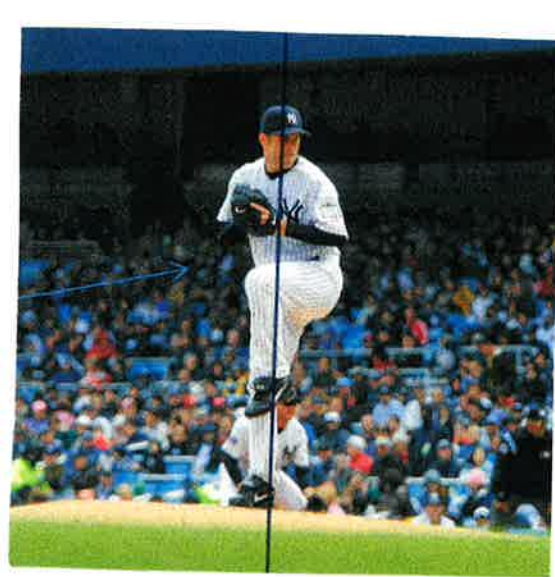
Bat Drill



Foot Position on Rubber

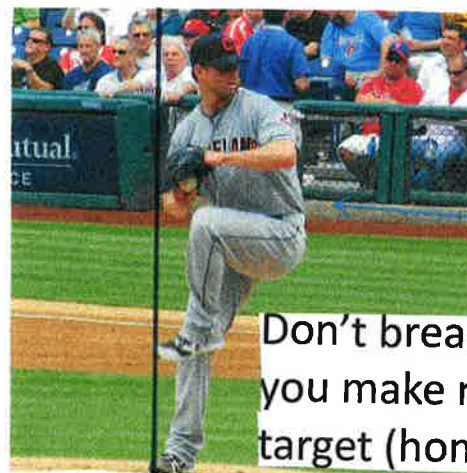


Balance Point
 -Foot dangles
 -Knee over knee
 -Hunch
 -Hand in glove
 -Front shoulder down



Pitch Through Balance Point

- * Knee up – naturally high
- * Bottom of front leg DANGLES vertically
- * Front Toe relaxed downward
- * Knee over knee by slight turn of hips – show front pocket to catcher
- * Slight hunch waist to chest area
- * Ball in glove – glove height is personal
- * Front shoulder down with chin slightly down looking over shoulder



Don't break bread until you make move toward target (home plate)

Stride motion

- * Front shoulder moves forward towards home plate
- * Break Bread after front shoulder motion to home plate
- * Back arm slightly bent and pointing downwards after breaking bread
- * Hand gripping ball - palm/fingers pointing down

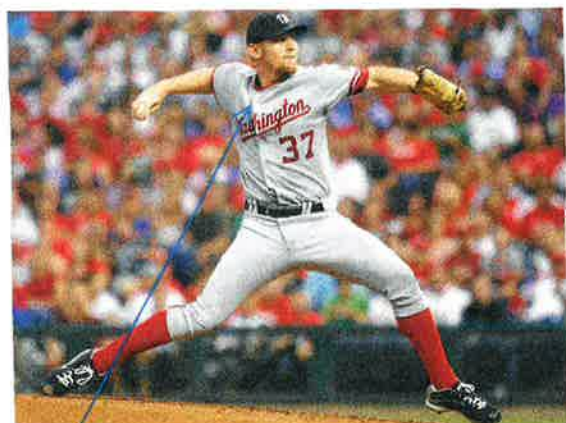


Break bread (thumb down)
 -Glove arm bent
 -Throwing elbow above shoulder



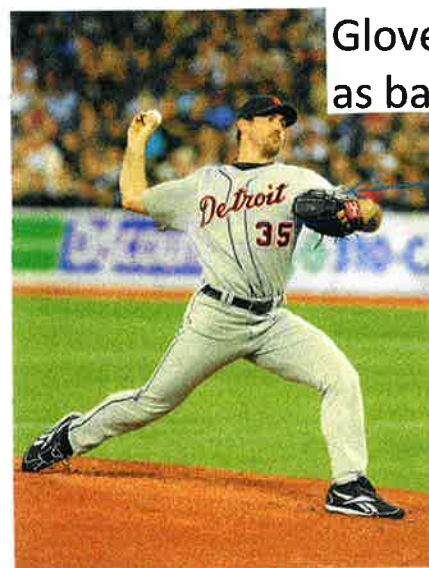
Defensive Position

- * Back leg come forward after delivery
- * Back foot lands on ground just behind the front foot
- * Establish athletic position ready to field a ball



Delivery

- * Front knee moves straight downward
- * Front leg opens towards home plate
- * Stretch at waist – hips keep position while shoulders turn towards 1B
- * "T" position - Back elbow and hand with ball at shoulder height.
- * Hand moves straight up as elbow moves forward followed by hand to pitch
- * DO NOT open front shoulder – it will open naturally during pitching motion
- * FRONT SHOULDER opens immediately after from foot hit ground

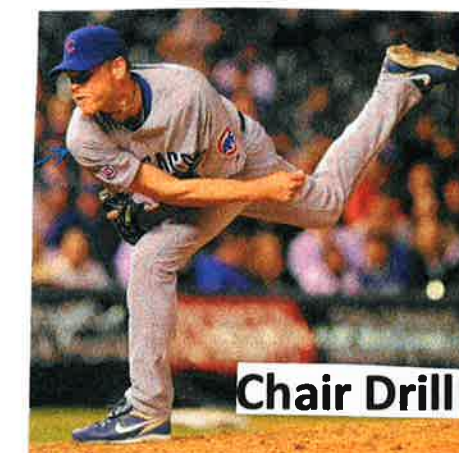


Glove tucks to chest as ball is thrown



Follow Through

- * Do not follow through until Extension of pitching arm after release
- * Glove is pulled to body and tucks to heart or arm pit
- * Back foot comes up from rubber (do NOT drag it) ending up and above pitcher's back
- * Pitcher's Back is horizontal at end of follow through



Chair Drill