

# “Coaching the Coach” Conference

## Teaching Youth Hitting

Instructor: Scott Beebe / Location: Field Tunnel

### 1. Hitting- Objectives / Drills for Youth Players

#### A. In hitting we always start from the base and then work up.

Feet to the head should be the idea.

- a. Put x's on the ground/where kids are supposed to stand. Draw x's in the dirt where kids need to stand. Feet should be roughly shoulder width.

- b. **Stride-** Soft and small with front foot. Like stepping on eggshells. Stride towards pitcher.

**Drill-** Feet on x's soft small and squish bug.

**Progression-** add balance board to hit from and do same thing.

#### B. Hips- Stay square facing pitcher

**Drill-** Hip turns/Wall drill. Put bat behind back. You could also use a stick. Soft, small, and turn.

**Progression-** Use a Batting Tee and put ball on tee and try to hit ball off the tee with stick.

#### C. Hands- Keep hands connected to body. Hands stay close to body.

“To it and through it”. A to B is the idea.

**Drill-** Noodle drill

Net Drill

High Tee drill

#### D. Head- Keep it still, no tilting.

**Drill-** 2 ball drill

“You can't think and hit the ball at the same time.” Yogi Berra