

DRIVELINE B A S E B A L L

6 WEEK MINI HITTING PLYO PLAN





The Process





Week 1

3 days
5 drills
56 swings per day



Week 2

3 days7 drills64 swings per day



Week 3

3 days8 drills70 swings per day



Week 4

3 days9 drills75 swings per day



Week 5

4 days
10 drills
82 swings per day



Week 6

4 days
10 drills
84 swings per day





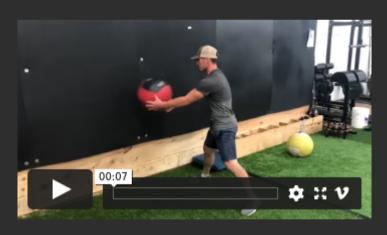
WARM-UPS



Click drill name for demo

Med Ball Side Toss

1 Set - 4 each side



Step Back Med Ball Shotput

1 Set - 4 each side



Shuffle Med Ball Shotput

1 Set - 4 each side



Med Ball Slams

1 Set - 4 each side



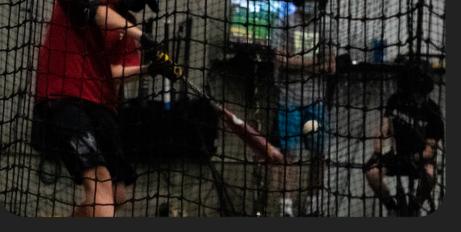


3 days - 56 swings per day

DRILL - STANCE	SET	REPS
Middle Tee - Offset Open	1	8
Middle Tee -Regular Stance	1	8
Underhand Toss - Offset Open	2	6
Underhand Toss - Regular Stance	1	8
Overhand Toss - Regular Stance	1	8

Orange: Mini Hitting Plyos

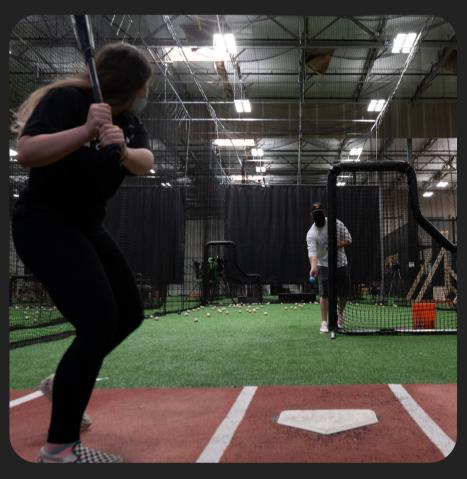
White: Regular Baseball













3 days - 64 swings per day

DRILL - STANCE	SET	REPS
Middle Tee - Offset Open	1	8
High Tee - Offset Closed	1	8
Middle Tee- Regular Stance	1	6
Underhand Toss - Offset Open	1	6
Underhand Toss - Regular Stance	2	6
Overhand Toss - Offset Open	1	8
Overhand Toss - Regular Stance	2	8



3 days - 70 swings per day

DRILL - STANCE	SET	REPS
Middle Tee - Offset Open	1	8
High Tee - Offset Open	1	8
Low Tee - Regular Stance	1	6
Underhand Toss - Regular Stance	2	6
Underhand Toss - Offset Closed	1	6
Underhand Toss - Offset Open	1	6
Overhand Toss - Offset Closed	1	8
Overhand Toss - Regular Stance	2	8



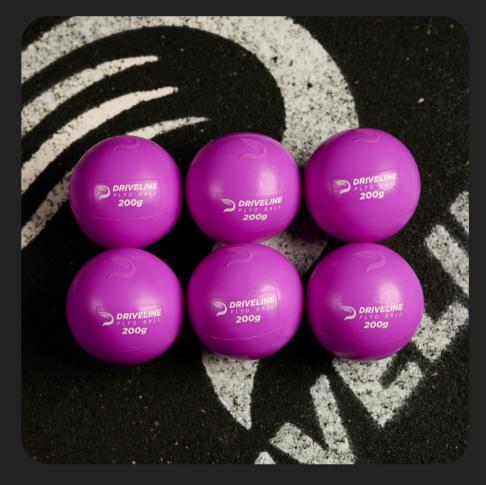
3 days - 75 swings per day

DRILL - STANCE	SET	REPS
Low Tee - Offset Open	1	8
High Tee - Offset Closed	1	8
Middle Tee - Kershaw	2	6
Underhand Toss - Offset Open	1	6
Underhand Toss - Offset Closed	1	6
Underhand Toss -Regular Stance	2	6
Overhand Toss - Offset Open	1	6
Overhand Toss - Offset Closed	1	8
Overhand Toss - Regular Stance	2	8



4 days - 82 swings per day

DRILL - STANCE	SET	REPS
Low Tee - Happy Gilmore	1	8
Middle Tee -Kershaw	1	8
High Tee - Regular Stance	1	6
Underhand Toss - Offset Open	1	6
Underhand Toss - Hook Em	1	6
Underhand Toss -Regular Stance	2	6
Overhand Toss - Offset Closed	1	6
Overhand Toss - Offset Open	1	6
Overhand Toss - Kershaw	1	8
Overhand Toss - Regular Stance	2	8











6 days - 84 swings per day



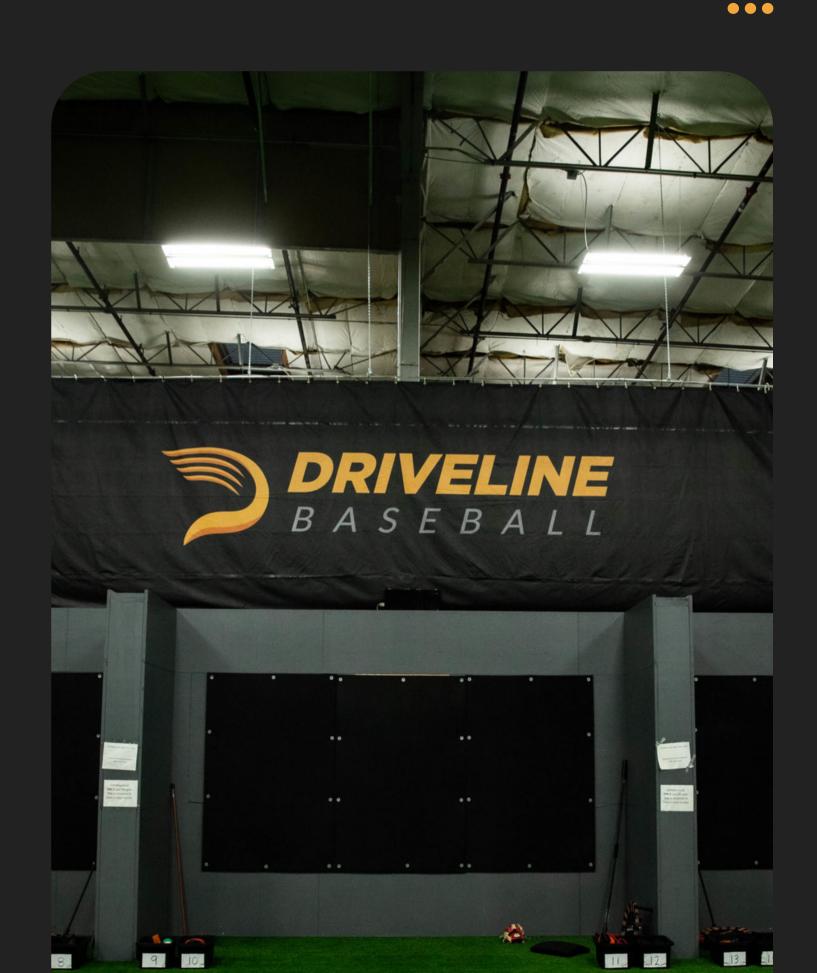
DRILL - STANCE	SET	REPS
High Tee - Kershaw	1	8
Middle Tee - Happy Gilmore	1	8
Low Tee - Regular Stance	1	6
Underhand Toss - Kershaw	1	6
Underhand Toss - Offset Closed	1	6
Underhand Toss - Offset Open	1	6
Underhand Toss - Regular Stance	1	6
Overhand Toss -Hook Em	1	6
Overhand Toss - Offset Closed	1	8
Overhand Toss - Offset Open	1	8
Overhand Toss - Regular Stance	2	8

•••



Key: Stances

Offset Open
Offset Closed
Kershaw
Happy Gilmore
Regular Stance



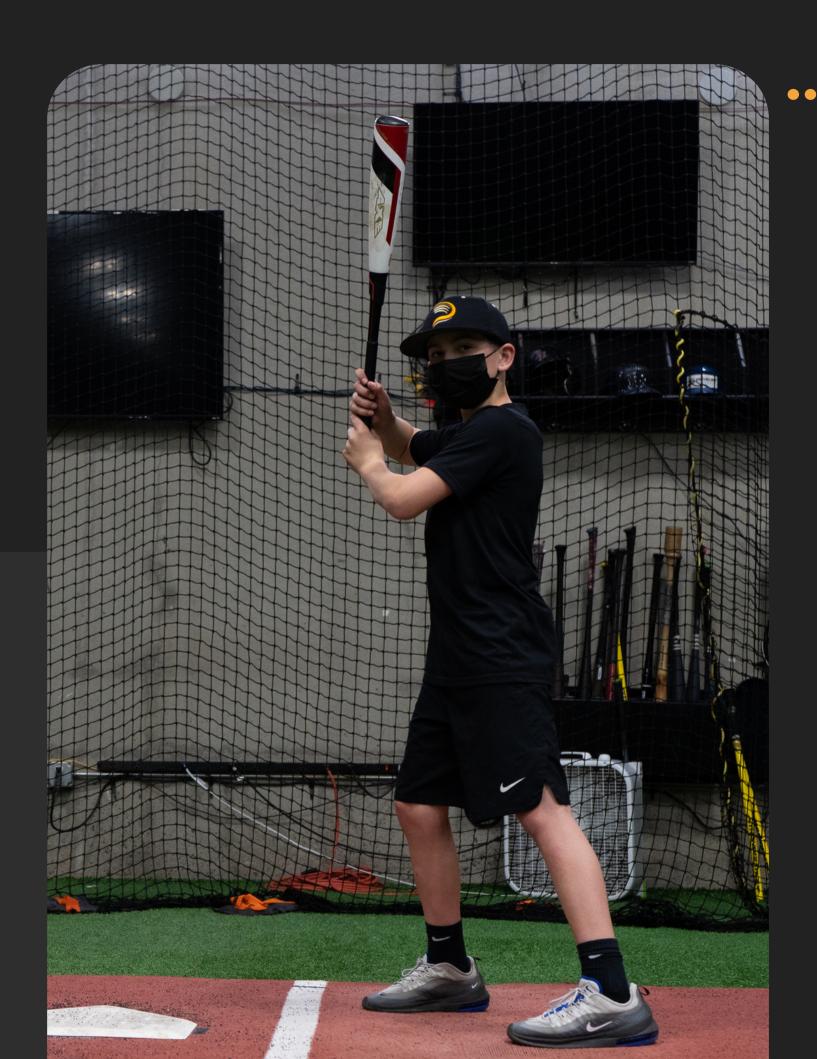


Offset Open Stance

Goal: Get hips open, and hit hard line drives to the middle of the cage

Reps: 6-8

Description: Hitter starts in an exaggerated open stance (roughly 30 degrees). Load then focus on getting the hips open and hitting hard line drives to the middle of the cage





Offset Closed Stance

Goal: Develop proper swing direction and bat path to the pull side

Reps: 8

Description: The hitter starts with their stance slightly closed (30 degrees), and hits the mini plyo through the center of the cage

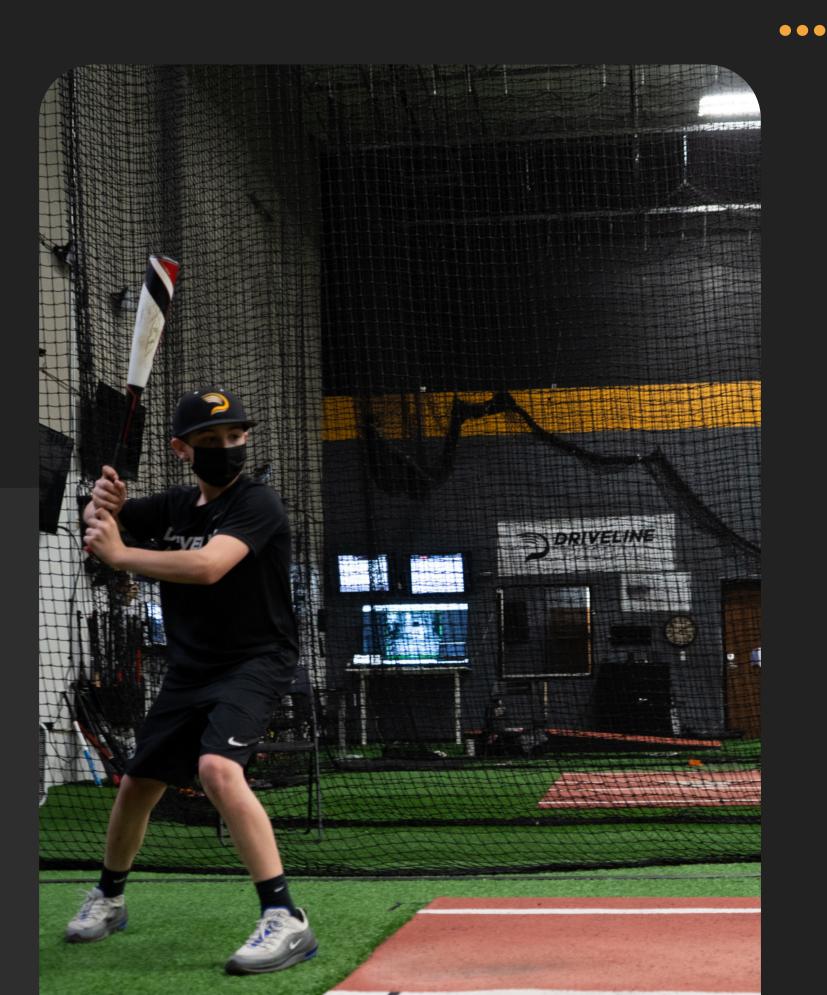


Happy Gilmore Stance

Goal: Focus on moving as fast as they can

Reps: 6-8

Description: Hitter shuffles into the swing.







Kershaw Stance

Goal: Focus on getting the pelvis open into foot plant.

Reps: 6-8

Description: Hitter starts with lead leg positioned in a pitchers stance. Both the pelvis and torso are evenly coiled and the hitter is in a good hinge position. The hitter then puts foot down without touching the ground and strides out





Regular Stance

Goal: Hits mini plyo through the center of the cage

Reps: 6-8

Description: The hitter starts with their stance even



Follow Along

and share your progress with our staff



Facebook

0

Instagram

 $\bullet \bullet \bullet$

Twitter

facebook.com/drivelinebaseball

@drivelinebaseball

@drivelineBB



Contact Us

For questions or concerns

Phone Number

425-523-4030

Email Address

support@drivelinebaseball.com

Website

www.drivelinebaseball.com