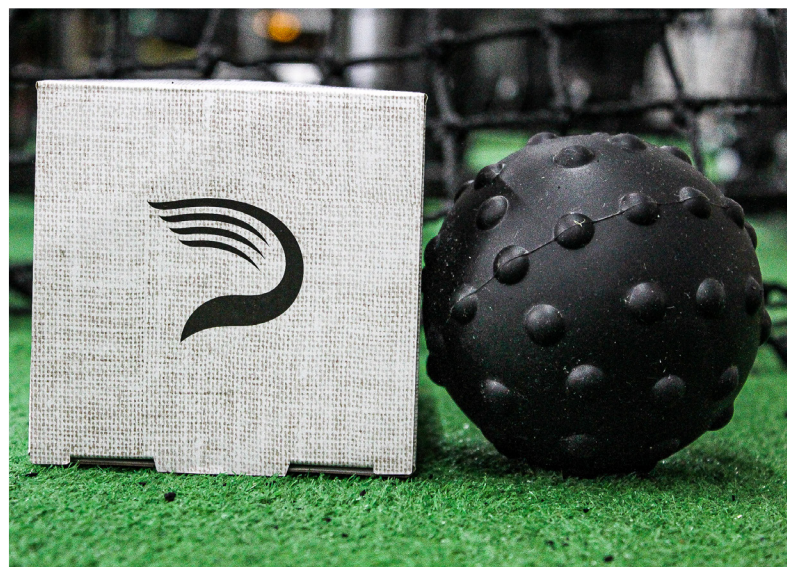




Free 6-Week Hitting Program





What You'll Need

(Click each picture for purchasing link)

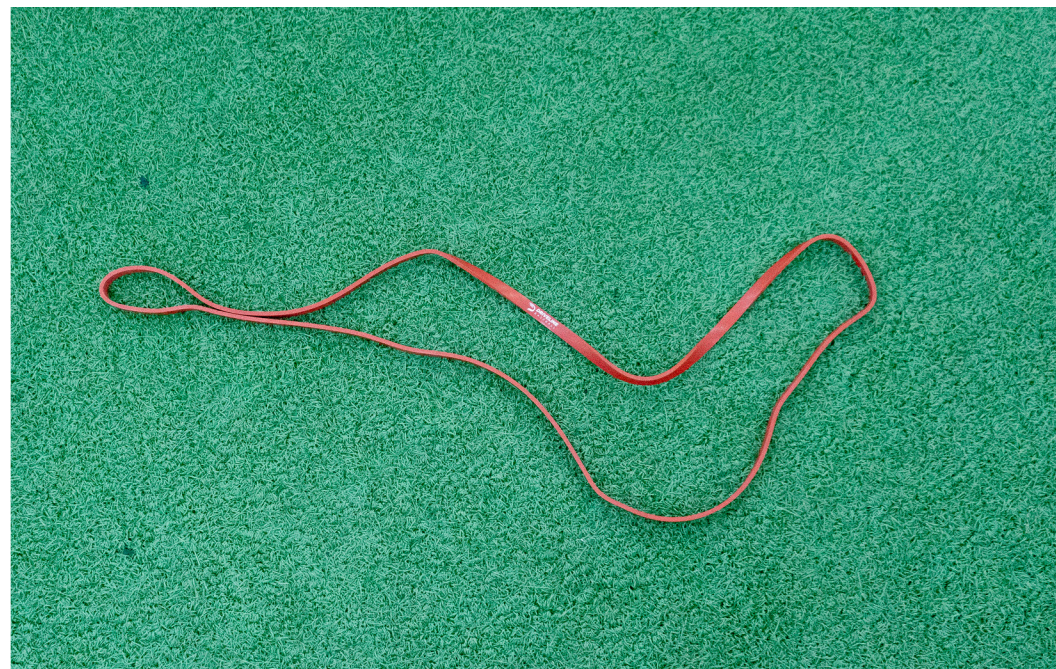
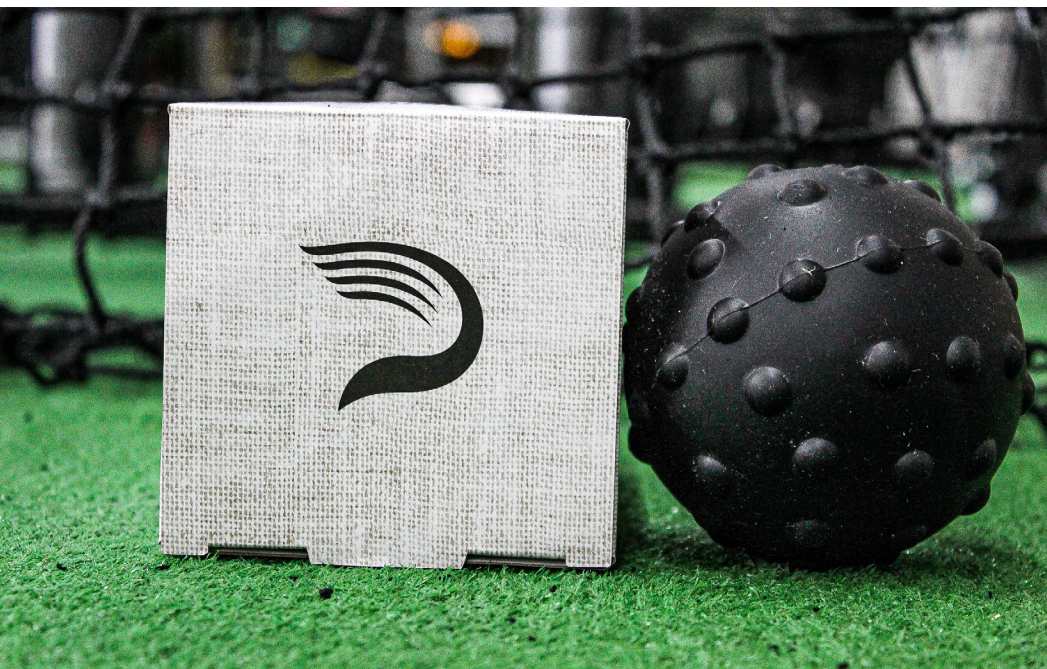
Hitting Plyos

Driveline hitting plyos are ideal for any training program because they provide immediate feedback on how flush the ball was hit. Hitting plyos help to improve quality of contact, develop barrel precision, and establish optimal attack angle.



Additional Equipment

1. Vibrating Massage Ball
2. Driveline Pull-Apart Resistance Band
3. Baseball Bat (Preferably Axe-Bat Speed Trainers)
4. Lacrosse Ball



The background of the slide features several large, light grey, curved swooshes that sweep from the top left towards the bottom right, creating a sense of motion and flow.

Warm-Up

(Click on each picture for video of exercise)

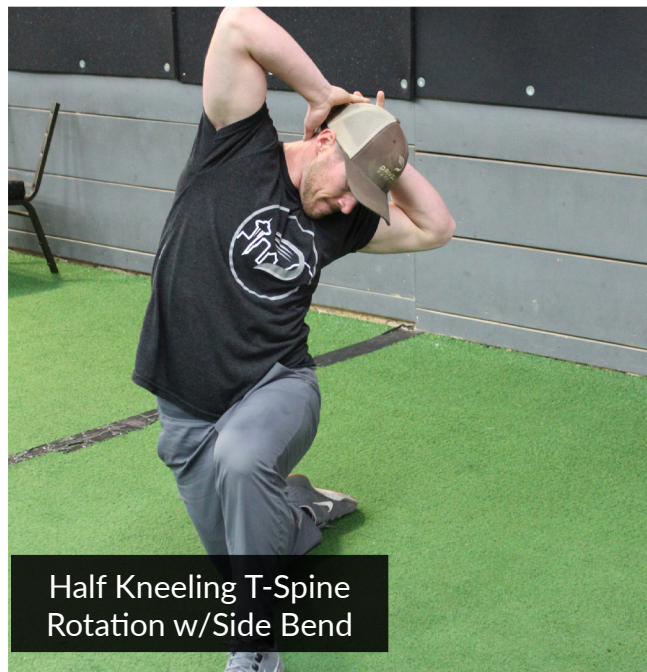
Warm-Up

The warm-up is an integral part any training session. A well designed warm-up improves movement quality and helps to prevent injury.

Roll Out



Cat & Cow



Half Kneeling T-Spine
Rotation w/Side Bend



Band Balance Series



The Drills

(Click on each picture to view video)

Underhand Toss

1. Commonly referred to as flips
2. Feeder stands approximately 12-15 feet from home plate
3. Toss the plyo underhand and into the strike zone

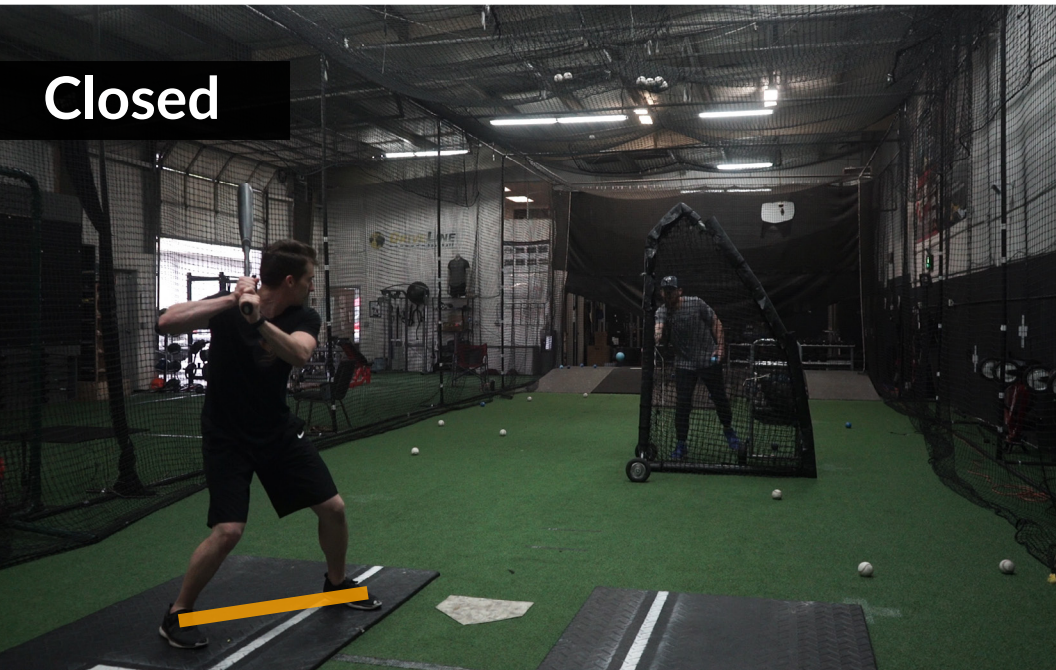
Open



Regular



Closed



Doing It Well

1. Hitter hits a line drive
2. Plyo keeps its shape throughout ball flight
3. Solid contact is made from all three stances

Common Mistakes

1. The hitter will cut or slice through the plyo, making the plyo lose its shape and spin off the barrel with minimal distance carried

Overhand Toss

1. Feeder throws over the top, simulating a pitcher's arm action
2. Feeder stands approximately 12-15 feet from home plate
3. Throws the plyo firm with decent velocity

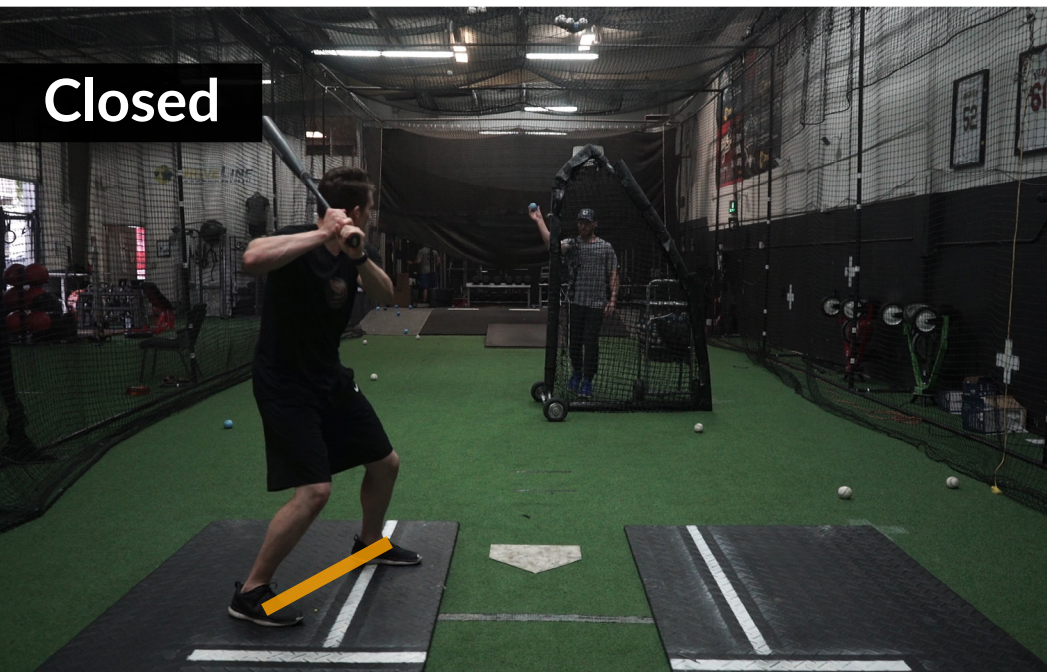
Open



Regular



Closed



Doing It Well

1. Hitter hits a line drive, and the plyo keeps its shape as it travels through the air.
2. Hitter squares up pitches in multiple areas of the strike zone

Common Mistakes

Hitter struggles with increased velocity and mishits the plyo, causing it to lose shape and spin off the barrel

Adjustability Toss

Feeder mixes speed and heights of the incoming pitch in an attempt to throw off the hitter's timing, forcing him to get into an athletic position that's capable of hitting multiple speeds in different areas of the strike zone.



Open



Regular



Closed

Doing It Well

1. Hitter is able to hit multiple pitches on a line and in the air.
2. Plyo will keep its shape after being struck

Common Mistakes

1. Hitter will whiff, or cut/slice through the plyo causing the plyo to lose its shape and spin off the barrel
2. Hitter has trouble reacting to different pitches

Self-Fungo

1. Hold the bat with your top hand, resting the handle on your back trap/shoulder
2. Taking three steps, throw the plyo up in front of you into a good hitting area, and hit the plyo as hard as you can into the air



Doing It Well

1. Hitter hits a line drive up the middle, and the plyo keeps its shape as it flies through the air
2. Immediate feedback helps the hitter develop proper bat path, adjustability, and optimal point of contact

Common Mistakes

1. Hitter jams himself with an inaccurate feed
2. Hitter has trouble making consistent hard contact to the middle of the field



Recovery

(Click on each picture to view video)

Recovery

Similar to the warm-up, recovery rejuvenates the body from training and prepares the athlete for future training sessions. If you want to see benefits from high-output training of any kind (lifting, throwing, hitting, etc.) proper recovery is a must!



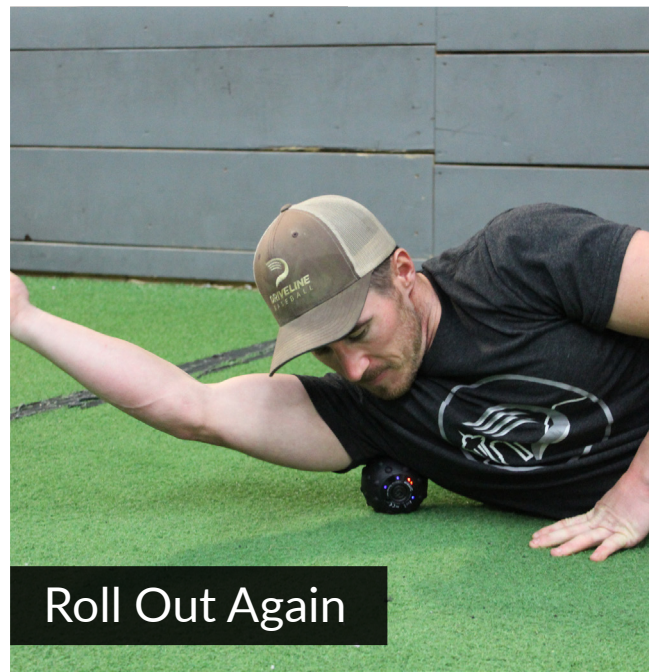
Straight Arm Banded Turns



Split Stance Banded Row



Deep Squat Hold



Roll Out Again



Band Balance Series



Downloadable Programs

(Click on each picture to download programs)

Complete Program and Contact Tracking Sheet

Quality Contact Tracking Sheet								
Week 5, Day 1								
Fungo Drill								
Set 1	200g	200g	250g	250g	300g	300g	350g	350g
Quality Contact	yes	yes	yes	yes	yes	yes	yes	yes
	no	no	no	no	no	no	no	no
UH Front Toss: Neutral, Offset Open & Closed								
Set 1: Neutral	200g	200g	250g	250g	300g	300g	350g	350g
Quality Contact	yes	yes	yes	yes	yes	yes	yes	yes
	no	no	no	no	no	no	no	no
Set 2: Offset Open	200g	200g	250g	250g	300g	300g	350g	350g
Quality Contact	yes	yes	yes	yes	yes	yes	yes	yes
	no	no	no	no	no	no	no	no
Set 3: Offset Closed	200g	200g	250g	250g	300g	300g	350g	350g
Quality Contact	yes	yes	yes	yes	yes	yes	yes	yes
	no	no	no	no	no	no	no	no

Detailed Drill Explanations and Useful Information

Benefit to Increasing Contact Quality

Increase in Consistency

Increasing contact quality means that your swing plane is more consistent with the descent angle of the incoming pitch. This gives the hitter a larger margin for error for making high quality of contact. Per blastmotion.com, the average fastball crosses the plate at -6 degrees, while an average breaking ball crosses the plate at -10 degrees. Given the variation in incoming pitch descent angles, the optimal attack angle will range between 2 and 14 degrees.

Drills

- Self fungo drill
 - Hold the bat with your top hand, resting the handle on your back trap/shoulder. Taking three steps, throw the plyo up in front of you into a good hitting area, and hit the plyo as hard as you can.
 - **What this works on:** proper bat path, adjustability, point of contact
 - **Doing it Well:** hitter hits a line drive up the middle, and the plyo keeps its shape as it flies through the air
 - **Common Mistakes:** the hitter jams himself with an inaccurate feed, or the hitter cuts and/or slices through the ball, making the plyo lose its shape and spin off with minimal distance carried.