



Southern Maine River Rats Baseball

RR Hitting Program

Stance:

- *Focus on being athletic, comfortable and consistent with the set up.*
- *Check feet/toe line, hands, and posture (chest over the toes).*
- *Weight distributed on the inside of the feet.*
- *Try to form a box or 90 with lead arm and try to connect forearm to bicep with the back arm almost like you are trying to pinch a racket ball between the two. Goal would be to maintain this connected feel as player loads and prepares for the pitch.*

Stance to Launch: *This is one of the most important phases of the swing. Being on time and in a good position at front foot strike (launch position).*

- *Players should load by taking weight/back hip and sink towards back heel and push heel into the ground. Avoid shifting or pushing hips away from the pitch and promote hip to heel. Players should feel the back hip and feel the ground if loading properly.*
- *Dry reps working on the consistency with where the stride foot hits and having front shoulder down and in with hands back when they get there.*

Launch to Contact:

- *Player should try to stay connected and stay strong as they begin to turn to the pitch. Back shoulder tilt should be appropriate based on height of the pitch or contact point so player can get behind the ball and on plane. Avoid hands starting to work away from the body, towards the plate or towards the ground. Maintain arms angles and initially get knob of the bat to work to the ball without extending arms. Back elbow should connect with back hip to contact.*

Contact to Finish:

- *Maintain stacked arms through contact.*
- *Maintain head discipline.*
- *Finish heavy on front foot with body and head behind the front foot.*
- *Finish with body inside and over the feet being able to pose at the end.*

Other Key Points:

- *Relax the upper body but also stay tight across the top in the sense that the upper half (shoulders and arms/hands) are working as one.*
- *When loading focus on muscles groups vs hands. Hands play a role but do not focus on hands when loading. If anything, focus on loading the Scap by pinching back elbow behind body which will provide more power for the swing and prevent hands from working away from body and changing arm angles.*
- *Take advantage of the opportunity for power or ground force when loading and again at front foot strike/launch position. Hip to heel when loading and then shift back into front.*

Drills (should be performed daily): Pause for 3 seconds at the end of each swing/rep

15 Dry Reps- Stance to Launch: *Shoulder down, hands back, front foot slightly open, knees bent and inside feet, with knob of the bat to the catcher and barrel above the head.*

15 Dry Reps- Stance to Launch to Contact: *Pause at launch and contact. Stop barrel just behind the baseball or contact point. Front leg should be extended, back knee underneath back hip, arms still bent at contact, barrel below the hands, and eyes at the point of contact.*

15 Dry Reps- Stance to Launch to Contact to Extension (3/4 finish): *Pause at launch, contact, and extension (3/4 finish). Arms should be still stacked with front arm (left arm for a RH and right arm for a LH) stacked on top of the back arm and top hand palm still to the sky. End of the bat to body and then back to front foot should form a power V. Eyes are still at the point of contact. Players should feel heavier on their front foot at the finish of the swing but body and heady still behind the front foot. Pose at the end.*

15 Dry Swings- *Full swings all in motion, no pauses. Try to have good rhythm with no segments to the swing. Maintain the same technique and try to feel the same things.*

30 T Swings- *First 10 swings players should pause briefly at launch then again at $\frac{3}{4}$ finish (extension). Second set of 10 players should pause at launch, then again at the finish of the swing. Last 10 swings players should complete the swings all in one motion, no pauses.*

15 Side Toss Swings- *All 15 swings should be in motion with same focus on technique but adding in timing. Players should try to get front foot down just after ball comes out of coaches/parent hand.*

30 Front Toss Swings- *First round should be 10 reps of opposite field approach (barrel behind the hands at contact). Second round should be 10 swings of middle approach (barrel even with the hands at contact and just out in front of body). Last round should be Get 'Em In approach (runner on 3B less than two outs) just focusing on barrel contact and hitting the ball hard. Players should complete each swing by posing, finishing at the point of contact with eyes and picking up the ball later in flight.*

Front toss reps would be great in the cage or on field if that luxury exists. If not, it's important that players receive front toss without the player swinging and them just working on the movements from stance to launch. This could be done in the driveway or basement. Movements tend to change for players when facing underhand and especially overhand front toss due to reaction of the ball coming at them. Even though players wouldn't swing they are still working to be repeatable with timing and positioning at launch. There is tremendous value in players performing these dry reps even if they had the ability to get on the field or in the cage. Use these reps as a replacement or prior to batting practice so these movements and positions become second nature. You could eventually go a step further and use these reps for pitch recognition. Players still work on being repeatable with movements but also call out location (inside, outside, high, low, strike/ball) of the pitch before it gets by them. No swing during these reps initially but players can graduate to swings and eventually recognizing fastball to off speed.

Preparation builds confidence!

Hard work beats talent when talent doesn't work!

Don't be upset by the results you didn't get with the work you didn't do!

Allergic to average!

