**Dynamic Style of Hitting and Drills**

**By David Pearson-DMACC**

1. **Culture of Program – “Think Differently”**
	1. Team before Me = We
	2. “Bears Brotherhood”
	3. Process oriented/not results
	4. Control attitude and effort
2. **Offensive Motto**
	1. Our Job is to score runs and control what we can control
	2. We want to apply as much pressure to the defense as possible
3. **How do we achieve this Goal**
	1. Hard Hit Ground balls/Head High Line Drives/Gap Type Line Drives
	2. Pressure the defense with running game
	3. Minimize strike outs
	4. Attack a ball in your zone early
4. **6 Absolutes of the swing**
	1. Have to have great balance throughout your entire swing
	2. Have to go back to go forward
	3. Get in position to turn fast
	4. Be 50/50 centered at your launch position
	5. Energy comes from the ground up and so does power – feet, knees, hips, elbow, and hands
	6. Take a straight line to and through the baseball on the plain of the ball
5. **Swing Steps**
	1. **Stance**
		1. Comfortable & Relaxed with a limited amount of movement. Have TV Face
		2. Make sure that both eyes face the pitcher. Keep your chin on inside of front shoulder
		3. Loose hands as a grip, Box grip (top knuckles between bottoms)
		4. Best to stay stacked. Knees inside feet
		5. The better the hitter the more they have freedom to play around
		6. I like feet squared and even. Less margin for error
	2. **Stride and Separate**
		1. You need to go back in order to go forward like a golfer
		2. Have to keep your knees inside your feet and create a hang for leg kick guys
		3. Hands go back your front foot forward – Rubber Band Effect
		4. Timing of load is around the pitchers release point – teach timing change instead of shoulder turn as timing
		5. Load bottom hand towards catcher, hands outside the front elbow, top hand above back elbow
		6. Stride to hit/not stride and hit – 1 part vs 2 part
		7. Ball of big toe- Dancing feet
		8. Get to a 50/50 position with weight slightly in back hip
	3. **Launch Position**
		1. Every hitter needs to get to this point in order to be the best you can be.
		2. When your front foot lands you need to have a balanced 50/50 hitting position.
		3. This position allows us to turn—fast.
		4. Like a boxer in a position to knock out an opponent.
		5. Hands can be anywhere from between nipples and lower part of the ear & over the back foot.
		6. The further your hands get away from you body the longer it takes to get to the ball.
		7. The back arm should be open up to allow elbow to get connected.
	4. **Stretch**
		1. Hips Turn to Hit/Shoulders Turned Slightly Opposite -- Torque
		2. Your shoulders should be going opposite of your hips at the start of the swing.
		3. Your hips turn to start the swing followed by the elbow, shoulder, and the hands go last.
	5. **Connection**
		1. When your back hip elbow connect back together and work through the ball.
		2. This keeps the barrel of the bat connected to your shoulder.
		3. This gets your barrel on plane and allows it to be level and then get to extension.
		4. The back elbow gets connected to the back side oblique.
	6. **Extension**
		1. We are looking to get short to and long through the ball, minimum of three balls long.
		2. Catch the ball out front but keep all your energy behind the ball.
		3. You can see the bat toss to back of cage is what we are looking for.
	7. **Balanced Finish**
		1. Tall finish. I don’t like a head tilt.
		2. Great hitters use their lower half to get down ball and have a strong base to hold the finish.
		3. Have to be able to run from a solid base.
		4. If you can be pushed over, at your finish, then you are not in strong balance position.

**HITTING DRILLS**

**Warm-up- & Tee Drills**

* + 9 zone T’s-
	+ Top-bottom hand/ angle side toss-
	+ Bat Path 1 knee hitting-
	+ PVC Barrel Turn-

**Front Toss Drills** can be overhand/underhand – used to create rhythm and timing

* 3 Plate Drill-
* Tennis Racket-
* Happy Gilmore Front Toss-
* Fast/Curve High Ball Toss-
* 2 Ball –Top/Bottom-

**Bat Path Drills**

* Angle Hitting-
	+ Front- Inside the baseball
	+ Behind- sliders
* Towel Drill hitting-
* Cano Drill-
* 1 Knee BP-

**Eye Hand Drills**

* Thunder Stick – Golf Ball-
* Tennis Ball numbers/colors-
* Self-Toss Fungo-
* Pitch Grips App-

**Balance Swing Boards-**

* Balance Beam-
* K Boards-
* Angle Boards-
* Mound Hitting-

**Bat Speed Development-**

* Weighted Bat/Short Bat/Light Bat Front Toss-
* Rice Bucket-
* Wrist Strengthening-
* Weighted Balls-
* Medicine Balls-

**Batting Practice-**

* BP Rounds-
* Machines- SL/FB/Tennis Ball/ 3 Plate-
* Tennis Ball Games-

**How We Implement Our Style**

1. **Staples of DMACC Hitters**
	1. Controlled Aggressive hitters that look to make something happen
	2. Have a plan and routine developed through our Pre-AB prep
	3. Clutch hitters- situations games
	4. Positive Body Language- Head/Chest Big
	5. Slow/Controlled body at the plate – breath/relax/loosey goosey
	6. “Battle Royale”, Take no prisoner attitude
2. **DMACC Offensive Philosophy**
	1. Have a plan and approach
	2. 1st AB take 1st pitch- situations may dictate differently- RISP 1st available—Strike thrower get early
	3. Teach all hitters to be Run Creators, Hybrids, Run Producers – then teach them how people approach each type
	4. Relaxation means effortless power- TV Face- Darin Everson
	5. Hunt your pitch and move on – hitting is not based on emotions
	6. Take HBP’s and walks – we call strikes on hitters when they get out of way of HBP in scrimmages
	7. Hit the ball you get not the ball you want – zone the size of volleyball/basketball
	8. 2 outs RISP –have to have a hard GB-LD – force them to make a play
	9. Take responsibility for your outcomes – No “My Bad” policy
	10. Get the next man up
	11. Baserunners beat out all force plays at 2nd-3rd – always slide and force pressure
	12. Fake steals – get the defense out of position and pitcher to lose focus on hitter
	13. BB counts expect BID and run. If thrown out I take the blame so no pressure on our guys to go
	14. It is about winning pitches and not about batting averages. Compete and have Quality AB’s
	15. See the ball BIG!!!!
3. **What is Your Plan?**
	1. Hitting Plan – what I need to do this at-bat
	2. This is situational from pitch to pitch depending on what happens
4. **What is Your Approach?**
	1. What pitch am I looking for this ab? RISP am I getting 1st pitch BB
	2. “A dog that chases two rabbits, catches neither.”
	3. Take away the pitchers best pitch
		1. Understand you may not get the greatest pitch to hit. Try to get the best of his worst
	4. What is the pitcher trying to do to me?
5. **Quality AB’s**
	1. Get a good pitch to hit
	2. Situational Hit – Move the Runner
	3. Bunting Execution –
	4. Any AB that last 8 pitches w/o K or 10 pitches w/k
	5. A walk
	6. HBP
	7. Hit
	8. 2 strike hit gets bonus points
	9. 3-6’s (1- chopper, 2- weak gb, 3- hard gb, 4- head high ld, 5- gap type ld, 6- fly-ball over OF head, 7- Pop up)
6. **Pre-AB Prep**
	1. **In the hole**
		1. In the dugout watching – gear on ready
		2. Developing a Plan – what am I needed to do?
		3. Developing an Approach –
		4. Get Foul Balls
	2. **On Deck**
		1. Get loose – time pitches – see release point – line up same as in the box
		2. Positive self-talk – past positive experiences
		3. Tell the runner to slide at home
	3. **The Walk**
		1. Slow Controlled
		2. Pick up signs
		3. Body Confident
	4. **Batter**
		1. Walk to the plate – look for signs
		2. Clean out and dig in
		3. Fine focus on bat – deep breath
		4. SEE THE BALL BIG!!
7. **Execution BP Drill**
	1. 4 Corner Bunting
	2. 4 base hitting/Running
		1. Even number each base/ 1-2 bats
		2. Rounds
			1. H – Slash, 1st read, 2nd get over, 3rd up/down angle
			2. H – H&R, 1st H&R, 2nd get over, 3rd up/down angle
			3. H – H&R, 1st Delay, 2nd get over, 3rd up/down angle
			4. H – Push, 1st Steal, 2nd Steal, 3rd walking lead Push timing
			5. H – Drag, 1st Steal, 2nd Steal, 3rd walking lead Drag timing
			6. H – Squeeze, 1st goes 1st to 3rd, 3rd squeeze timing
	3. **Coach Pitch – situations**
		1. Ex. 1st Inning – Runner 1st, 2nd Inn.- R 1st-2nd, 3rd R 2nd, 4th R 3, 5th Bases Juiced
		2. 1 pt for each base, 2 pts for run scored, -5 pts no hustle/body language
		3. Defense 5 pts for DP turned, 2 pts for ++ defensive play, 2 pts for lead out
		4. Pitchers have ball in Back Pocket on comebackers off L screen
		5. Can play 6 outs & clear bases after 3 outs or bat lineup with it as 0 or 1 out every batter.
		6. We often do 2 strike and 1 pitch -- If late on FB or take FB = all take FB’s is pole and back
		7. Also do Multi-pitch – FB/SL/SP/CH with 3 k’s.
8. **Baserunning Drill**
	1. Infield Single
	2. Outfield Single to LF
	3. Outfield Single to RF
	4. Steal
	5. Delay Steal
	6. Hit and Run
	7. Sac Fly
	8. Double
	9. Steal 3rd
	10. Triple
	11. Squeeze
	12. Home Run