

Advanced Hitting Drills

One-Arm Drill

Age Appropriate

Grouping 5, ages 10 to 15+

Objective

To develop a quick, short swing that takes the bat head on a direct path to the baseball

Setup

L-screen, coach to pitch, bucket or stool to sit on, bucket of balls

Execution

Can be done by players of almost any age once they can make consistent contact with pitched balls. Coach stands or sits about 8 to 10 feet in front of the batter behind a screen. Coach tosses pitches overhand or underhand. Batter hits first five pitches with two hands, then takes the top hand off the bat for the next five pitches. Use normal game bat. Try not to choke up, if possible. Hitters can tuck the elbow into their side for more leverage, if necessary. After hitting five with one hand, hitter finishes up by hitting five more with two hands. One-hand reps should be difficult. This drill should help batters take the bat on a more direct path to the ball. They should feel a difference when hitting the final set of five.



Coaching Keys

Let batters choke up if they can't control the bat or allow them to tuck the elbow into their side if they're struggling to take the barrel of the bat directly to the ball.