

## BAT DRILL

### Purpose

The bat drill is designed to isolate the hips to practice staying closed until the last second and also work on the turning sequence of the hips, torso, and shoulders. This drill can also be used to practice proper stride mechanics, balance, and throwing over the stride leg.

### Equipment

A bat or broomstick.

### Procedure

Place the bat behind the back, holding it in place with the elbows (figure 4.2a). This pre-

vents the player from thinking about the upper body and fully demonstrates when the hips open up. Starting in the gathered position, the pitcher takes a stride to the plate as if pitching (figure 4.2b). The idea is for the end of the bat to point to the plate for as long as possible before throwing. When the bat turns, the hips have opened (figure 4.2c). The hips should open as close to the plate as possible for ultimate power.

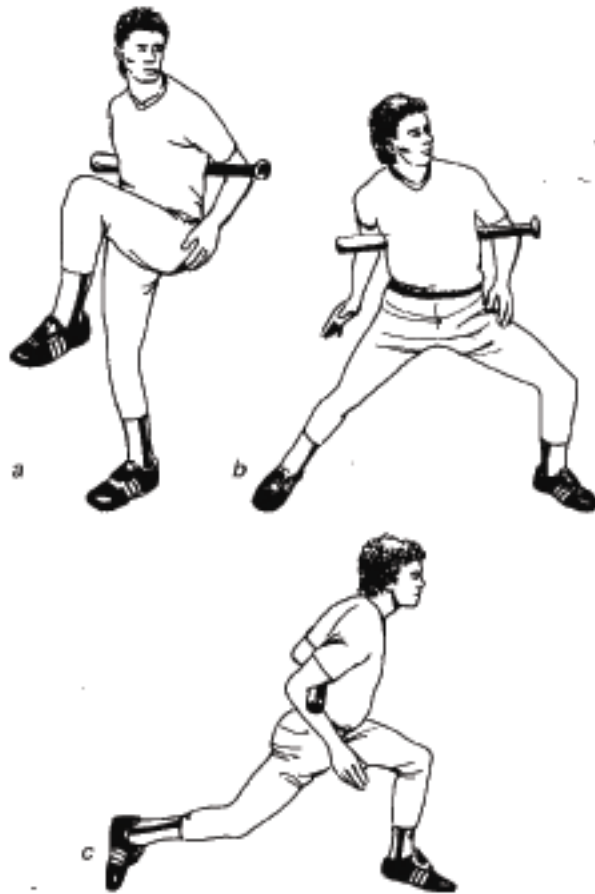


Figure 4.2 Bat drill.