



Guelph Minor Softball Association

Hip Turn Drill

- The hip turn drill helps in developing proper hip rotation needed for a good swing.
- It can be done individually or as a group.
- The player takes a bat and places it behind their waist with their hands holding near the ends of the bat.
- Next, throw an imaginary pitch at the batter and have them take a stride and swing with the bat behind them.
- They should finish with the hips properly rotated with their back hand out over the plate area.

Watch The Ball Drill

- Watch the ball involves three players and helps in keeping the batters eye on the ball.
- You have a pitcher, a catcher and the batter.
- The pitcher pitches to the catcher while the batter simply watches (Does not swing) every pitch all the way into the catcher's glove.
- This helps in picking up the ball from the pitcher as well as keeping your eye on the ball all the way through.

Hand and Eye

- Two players are needed for this baseball hitting drill.
- Take a bucket of balls and with a magic marker write numbers on the ball in 3-4 places.
- Have your player stand at the plate with or without a bat but he or she is not to swing only assume a batting stance.
- Coach or dad begin throwing the balls across the plate the player is to call out the number on the plate.
- When the player starts calling out the numbers regular increase the speed.
- You can't hit what you don't see.
- Hand and eye co-ordination is the secret to hitting, only use single digit numbers.