

7 WEEK TIGER HITTING OUTLINE

Week 1

Teaching Concepts:

- Tiger BP Routine
- Staying Inside the Baseball
- Teach How to Set Up Middle-away Tee's and Soft Toss

TIGER BATTING PRACTICE ROUTINE

- Round 1: 2 bunts.
Speed guys can do a few more and bunt for hits also. Regular guys do one sacrifice bunt down each line.
- Round 2: Middle Away Round (5 swings)
No matter where pitches are, we're hitting the ball to center or right for righties; center or left for lefties. Teach letting the ball travel, staying inside the ball.
- Round 3: Hit and Run (5 Swings)
Rule 1, must swing to protect runner.
Rule 2, must get the ball on the ground so no double plays.
Rule 3, try to get to right side/vacated second base hole (for right-handers, opposite side for lefties).
If ball is riding in hard, make quick decision to see if you can inside out it, if not, pull it hard and hope for the best.
- Round 4: Get runner over (5 Swings)
Guy on second hit the ball to the right side - get him over to third. Teach hitters and runners that the runner on second is going to go if the ball is hit to his left. This lets the hitter know he has a little lee way on inside pitches.
- Round 5: Get Him In (5 Swings)
Guy on third, less than two outs. Try to drive something in the air to the outfield to get hit or sac fly or hard ground balls towards middle. In general, let's try to hit line drives or deep fly balls.
- Round 6: Number Rounds.
This is if time allows, example: group of three guys, after their situational rounds, each guy gets 5 in a round. Next round 4, final round 3.

STAYING INSIDE THE BALL AND TEACH SET UP FOR MIDDLE AWAY TEES AND SOFT TOSS

- Make sure they know what staying inside the ball means.
- Make them put the ball on the tee with the two seams facing upright and explain inside/outside seam.
- Aim inner seam to middle.
- When they're doing tees or soft toss, have them do only middles and outs unless we tell them different.
- When we're doing front toss, keep re-emphasizing middle away.

ITINERARY:

0:00-15:00	Group instruction for weekly teaching concept All Players and Staff together Break Players into 3 equal groups (no particular way)		
15:00-1:06	GROUP A	Left Cage:	BP Rounds
	GROUP B	Middle Cage:	Soft Toss (teach how to do it as well)
	GROUP C	Right Cage:	Inside tee's in back of cage. Middle-away tees in front of cage
1:06-1:26	All 3 groups doing BP or front toss in all 3 cages		
1:26-1:30	Clean up all cages and dismiss		

WEEK 2

TEACHING CONCEPTS:

1. LOWER HALF BALANCE AND CONTROL

- Closed front foot 45 degrees or less at least through contact, try to keep through follow through.
- Firm front side. 3 options: locked, straight, slightly bent. We are not big on locks as it puts the weight to the heels. We like straight or slight bend. Not too much bend, that's a collapse. The slight bend keeps pressure down on the front foot to keep that a 45 degree or less.
- Back knee drives towards the pitcher. Back foot should be "shoelaces to center field, heel to the sky". This gets full rotation out of the hips/core.
- Back leg L should form.
- Make sure significant gap space between legs, we call this a "power gap", and make sure base is wide enough.
- Overview of 5 checkpoints following each swing (ALL HITTERS MEMORIZE):
 1. Closed front foot
 2. Firm front side
 3. Back foot - shoelaces to center, heel to the sky
 4. Back leg L
 5. Significant gap space

ITINERARY

- 0:00-15:00 Group instructor for weekly teaching concept.
All Players and Staff together
Break Players into 3 equal groups (no particular way)
- 15:00-1:06 Three 17-minute stations
- GROUP A Left Cage: Dry trunk swings in back, tee's in front.
Use cylinder block for tee drills to keep front foot closed.
- GROUP B Middle Cage: Front toss, hold all finishes check down/review checkpoints
- GROUP C Right Cage: BP Round, hold all finishes check down/review checkpoints
- 1:06-1:26 All 3 groups doing BP or front toss in all 3 cages
- 1:26-1:30 Clean up all cages and dismiss

1. PLATE COVERAGE

- Plate Coverage means making sure the barrel of the bat is able to cover the whole plate comfortably, including the outer edge. Teach slow motion come downs to check spacing.

0:00-15:00 Group instruction for weekly teaching concept
All Players and Staff Together
Break Players into 3 equal groups (no particular way)

GROUP A Left Cage: 6 tee stations set up. Do several slow motion and freeze at contact repetitions. Very important for hitters to move tee around to all locations during this slow motion drill.

GROUP B Middle Cage: Front toss, hold all finishes check down and review all checkpoints covered in week 2

GROUP C Right Cage: BP rounds

1:06-1:26 All 3 groups doing BP or front toss in all 3 cages

1:26-1:30 Clean up all cages an dismiss

WEEK 4

TEACHING CONCEPTS:

1. NEGATIVE MOVE: WEIGHT SHIFT AND LOAD

- Weight Shift means the body shifting back minimally to get momentum initiated and to give time to read the pitch.
- Load means hands go back first, then down towards the zone, then flat, then follow through.

ITINERARY:

0:00-15:00 Group instruction for weekly teaching concepts
All Players and Staff together
Break Players into 3 equal groups (no particular way)

15:00-1:06 Three 17-minute stations

GROUP A Left Cage: BP Cage. Use Tigers batting practice routine from Week 1 for all rounds but focusing on the negative move teaching concept with each swing.

GROUP B Middle Cage: Dry load reps then front toss.

GROUP C Right Cage: Front toss in back, tee's in front. With tee's, do 2-Two Drill, really promoting down to flat through contact. Hitters have to miss the back tee and come through the ball sitting on the front tee.

1:06-1:26 All 3 groups doing BP or front toss in all 3 cages

1:26-1:30 Clean up all cages and dismiss

WEEK 5

TEACHING CONCEPTS:

1. SWING PATH, 5 BALL THEORY

Focus here is teaching how to stay **through the ball**. One ball is on the tee. Hold one ball with left hand underneath the ball two ball lengths away towards the pitcher. Hold another ball with right hand underneath the ball two ball lengths in front of the ball. Hold the balls in a straight line. You now have a line of 3 baseballs, but held out so they're the length of 5 baseballs.

As the hitter transfers from down to flat, the goal is to teach them roughly where to start getting flat; before the first ball; then teach him to stay flat all the way through the fifth ball. If he gets flat too late, it's too harsh; not enough room to get flat for the line drive. If he gets flat too early, it's a long, sweeping swing; takes too long.

Have the hitter in slow motion go back, flat, then follow through with the emphasis on hovering over, in a flat path, the five balls.

ITINERARY:

0:00-15:00 Group instruction for weekly teaching concept. All players and staff together.
Break players into 3 equal groups (no particular way)

15:00-1:06 Three 17-minute stations

GROUP A Left Cage: BP Film all hitters and review with them.

GROUP B Middle Cage: Front toss with screen drill set up where screen is parallel to the plate right on the edge of the plate.
Focus here in staying through the ball thinking middle of field. Hitters should not bar out and hit the screen.
Pitchers doing front toss need to stay in middle location.

GROUP C Right Cage: Tee Game (hit center tarp target with middle tee set-ups to promote staying through the ball. Compete with a point system).

1:06-1:26 All 3 groups doing BP or front toss in all 3 cages

1:26-1:30 Clean up all cages and dismiss

WEEK 6

TEACHING CONCEPTS:

1. HOW TO ATTACK HIGH AND LOW PITCHES, PROPER HITTING POSTURE

Keep 'eye plane' the same. Do not let the pitch dictate where our bodies go. Eyes stay on the same plane, our eyes and hands go to location. Keep firm front side. Do not collapse on lows and do not rise on highs.

ITINERARY:

0:00-15:00 Group instruction for weekly teaching concept. All players and staff together.
Break players into 3 equal groups (no particular way)

15:00-1:06 Three 17-minute stations

GROUP A Left Cage: BP rounds, hold all finishes check down and review checkpoints. Try to have pitcher throw highs and lows.

GROUP B Middle Cage: Tall tee's in back of cage, low tee's in front of cage.
Make sure hands adjust, do not collapse or rise.

GROUP C Right Cage: I-Pad video analysis station of MLB hitters

1:06-1:26 All 3 groups doing BP or front toss in all 3 cages

1:26-1:30 Clean up all cages and dismiss

WEEK 7

TEACHING CONCEPTS:

1. MENTAL APPROACH
2. OFF SPEED HITTING

MENTAL APPROACH

This really is up to the guys teaching each class. We want these guys to know that there has to be some kind of plan at the plate. This is not little league, just going up there and trying to get a hit.

A few main points to emphasize:

1. Think middle away and react inside. Letting the ball travel and staying inside the ball-main key to hitting.
2. We like hitters who are on the aggressive side. **Pitchers are universally taught to get ahead and attack the strike zone.** That is typically done with fastballs early in the count. We would rather have our guys hitting fastballs early in the count instead of breaking balls late in the count.

The 1, 2 and maybe 7, 8, 9 hitters in general would be the guys to work the count, make the pitcher work, etc. We want our 3, 4, 5 type hitters to feel free to jump on the early fastballs for sure. Let's make the opposing pitchers scared to come in the strike zone early against our guys. If they are tentative, trying to nibble on the corners, they are more apt to throw balls and get behind.

OFF-SPEED HITTING

- Let the ball get deep
- Stay inside the ball. If the ball slides away, don't let the hands and chest leak outside and hook the ball.
- Think opposite field. Every time you recognize an off speed pitch, go back to the same theories we've learned on how to hit outside pitches. Stay back and stay inside. You don't have to actually hit the ball to the opposite field; that depends on where the pitch is. Thinking opposite field just reinforces waiting and staying inside path.

ITINERARY:

0:00-15:00 Group instruction for weekly teaching concept. All players and staff together.
Break players into 3 equal groups (no particular way)

15:00-1:06 Three 17-minute stations

GROUP A Left Cage: Game simulation by coach throwing BP

GROUP B Middle Cage: Curveball machine

GROUP C Right Cage: Front toss in back, tee's in front

1:06-1:26 All 3 groups doing BP or front toss in all 3 cages

1:26-1:30 Clean up all cages and dismiss