

RAWLINGS TIGERS 2015 OFF SEASON HITTING PROGRAM

WEEK 2

Teaching Concepts (10-15 minutes)

Lower Half Balance and Control

- Closed front foot 45 degrees or less. Try to keep 45 degrees through follow through.
- Firm front side. 3 options – locked, straight, slightly bent. Not big on locked-puts the weight on the heels. Prefer straight or slight bend-not too much bend-that leads to a collapse. The slight bend keeps pressure down on the front foot to keep it at 45 degrees or less.
- Back knee drives towards pitcher. Back foot should be “shoelaces to center field, heel to sky” - this allows full rotation of the hips/core.
- Back leg “L”
- Make sure significant gap space between legs, “Power Gap”. Make sure base is wide enough
- 5 checkpoints:
 - Closed front foot
 - Firm front side
 - Back foot – shoelaces to center, heel to sky
 - Back leg “L”
 - Significant gap space

DIVIDE PLAYERS INTO 3 GROUPS

Tiger Batting Practice

- Round 1: Hit and Run (5 swings)
 - Rule 1: You must swing to protect the runner
 - Rule 2: Get the ball on the ground to avoid a line drive double play
 - Rule 3: If at all possible, righties hit ball through second base hole, opposite for lefty (through SS)
- Round 2: Get runner over (5 swings)
 - Runner on 2B, 0 outs, hitter tries to get the runner over. Try to hit the ball middle to right side

Warm Up (5 minutes)

- Same as first week, each group in a different cage – all players warm up at same time – 5 swings at 50%, 75% and 100%. This week, do all swings with eyes closed. Think about your swing from beginning to end (mental imagery).

Group T Work (10-15 minutes)

- All 3 cages – split in half
- Ball on T – middle – sequential swing (stance, stride, check front foot and leg, swing, check front foot, check back leg and back foot)
- 9 swings then rotate with partner

Individual group work (50 minutes – rotate every 15 minutes)

- Right cage (split cage) – soft toss, check finish after each swing
- Middle cage (split cage) – one station ball on T – hitter uses balance board. Second station – balance on back foot – soft toss – stride and swing – check finish.
- Left cage – BP Rounds – hit and run, get runner over

IF TIME REMAINS-DIVIDE INTO 2 TEAMS-COMPETE USING BP ROUNDS 3 AND 4