



TIGERS

LOWER HALF BALANCE & POWER

*BECOME THE HITTER THAT
CRUSHES EVERYTHING*

(PLAY VIDEO)



WEEK 2 KEYS

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 get's 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: Hitters watch video for Teaching concepts on Lower Half before coming to hitting

FIVE 10-minute stations

LAST STATION 10-minutes (Everyone moves to the big cage)

GROUP A Big Cage : BP Rounds

GROUP B Cage 4 Drill Work: Front toss, hold all finishes check down/review checkpoints

GROUP C Cage 3 Power Development: Heavy Balls and Bat

GROUP D Cage 2 Velo Station: Use cylinder block for Tess drills to keep front foot closed.

GROUP E Cage 1 Core Strength: 3 x 10 MB Russian Twist 8lb (Feet off ground)

WEEK 2 LOWER HALF BALANCE AND POWER

BIG CAGE

BP ROUNDS

- 1: BUNTS
- 2: OPPO
- 3: HIT 'N' RUN
- 4: GET RUNNER OVER
- 5: GET HIM IN

BULLPENS

SETUP:
HACK ATTACK MACHINE
L-SCREEN
BASEBALLS

CAGE 4

FRONT TOSS

UP-HILL SWINGS

3X8

DOWN-HILL SWING

3X8

SETUP:

L-SCREEN
MOUND
BASEBALLS

CAGE 3

POWER DEVELOPMENT

HEAVY BALLS & BAT

4 X 10

SETUP

HEAVY BALLS
HEAVY BAT

CAGE 2

VELO STATION

CINDER BLOCK & BALANCE

BOARD

1X10 MIDDLE TEES

3X10 FRONT TOSS

SETUP:

TEE

CINDER BLOCK
BALANCE BOARD
L-SCREEN
BASEBALLS

CAGE 1

CORE STRENGTH

MB RUSSIAN TWIST

3 X 10

SETUP

MED BALLS

WALKING AREA

BENCHES