



TIGERS

SWING PATH

THE 5 BALL THEORY.

(PLAY VIDEO)



WEEK 5 KEYS:

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: Players watch video on load and negative move before coming to hitting

FIVE 10-minute stations

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

GROUP A BIG CAGE: Hack Attack Curve Balls, Three headed monster

GROUP B Cage 4 Drill Work: 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 Cage 3 Power Development: 4 x 10 Tire Flips (30 second recovery before next set) break in bet5 swings with heavy bat swinging into Punching bag

GROUP D Cage 2 Velo Station: 5 ball theory, slow motion swings

GROUP E Cage 1 Core Strength: Sumo Slams 5 x 10

WEEK 5 SWING PATH

BULLPENS		
BIG CAGE	<u>MACHINE</u>	
	BUNT ROUND	
	2 X 5	
	<u>3 HEADED MONSTER</u>	
	3 ROUNDS	
3 PITCHES EACH		
ANGLE		
MACHINE SET TO		
CURVEBALLS		
<u>SETUP:</u>		
HACK ATTACK MACHINE		
3 L-SCREENS		
3 BUCKETS		
BASEBALLS		
	CAGE 4	
	<u>FRONT TOSS & TEE</u>	
	TOP HAND EXTENSION	
	TEE 2 X 5	
	FRONT TOSS 2 X 10	
	<u>SETUP:</u>	
	L-SCREEN	
	TEE	
	BASEBALLS	
	CAGE 3	
	<u>POWER DEVELOPMENT</u>	
	TIRE FLIPS	
	4 X 10	
	<u>SETUP</u>	
	TIRE	
		CAGE 2
		<u>VELO STATION</u>
		5 BALL THEORY
		SLOW-MO SWINGS
		3 X 10
		EXTENSION TEES
		3 X 10
		<u>SETUP:</u>
		TEE
		BASEBALLS
	CAGE 1	
	<u>CORE STRENGTH</u>	
	SUMO SLAMS	
	5 X 10	
	<u>SETUP</u>	
	MED BALLS	
WALKING AREA		

BENCHES