



2015 Spencerport Rangers Sitting Manual

Simple positive mental approach - When we all played whiffle ball in the backyard, we didn't worry about the mechanical things with our swing. We just wanted to demolish the ball. Encourage that same approach.

Me Vs. Team - Encourage all players to scrap the batting average. All hitters should focus on QUALITY AT-BATS (QAB's). They should ask, "What should I aim for to help my team out when I hit?"

Quality At-Bats - Regardless of getting on base or getting out, all players should be appreciated and congratulated on having a QAB. These would be:

- Any line drive
- Crushed ground ball
- Sacrifice fly
- Hit and run
- Bunt

If they do not do these things at their at-bat it is OK to talk with them about what they were thinking at the plate. Keep teaching and never demoralize. All kids want to crush the ball.

Don't get lost in mechanics - Kids today have private hitting coaches, varsity coaches (me!), youth coaches, and a wide variety of videos on the internet. In essence, there is a multitude of instructional techniques out there. Encourage kids to diagnose their own hitting by incorporating what they are learning from the people above. I would imagine Pete Rose, Willie Mays, Honus Wagner, and Lou Gehrig were great because they got feedback from great coaches and teammates, but they also became students of the game. They figured it out!

Get to the park early - Hitting is such a mental activity. If you can get to the field early to start warming up, swinging, and get focused it will lead to more QAB's. So many times you have player arriving late and jumping right in. You see so many players with expensive bats, gloves, and etc. How many players have baseballs in their bags along with a Tee? You can swing off of that while teammates and coaches are showing up.

Next Pitch Mentality - Learn from previous swings and pitches, but also focus on the next pitch. You want to hunt fast balls and ready yourself for the next pitch at all times!

Never ending quest - Here is the deal that you all must drive home. Hitting is a failing activity. They must understand that the best hitters at the professional level hit the ball barely just over 3 out of 10 times. We all have to teach acceptance and that hitters are going to get out. It is very important they keep working at it and that they must take something away from every at-bat, game, or season. Kids should be encouraged to seek out new ways, new tools, new books, and etc. They have to keep in mind that there is no stoppage of learning.

Dry Swings - Players should swing on their own in a safe circle by themselves.

5-10 for Each
5-10 Load, 5-10 hip activation, 5-10 check swing, and then finish with 5-10 live swings.

Bunting - Try to bunt between the cones! Have a competition. Notice how the bunter has the bat out in front of the body, level, and is going to bend with his knees if the bunt is low. Always go through the game routine before every bunt. This helps with focus.



3 Plate Drills - Every time the hitter hits they should go through a game time routine. It can be done with front toss or soft toss. Setup 3 plates in front fo the coach or screen. The closest plate will represent a fastball and the one furthest away can be an off-speed pitch. Great for indoor or outdoor hitting. Keep your weight back and wait for the pitch!



Mirrors - Have the player dry swing. Get a piece of 1 X 10 wood (or tape) to have a straight line. Then they can watch themselves swing and correct. They need to keep their feet on the line. No mirror? No problem. Use the player or coaches cellphone and the player can watch right on the spot! Change the angels of the mirror from side to front.



Long Tee - Use the T and have them hit a target with a line drive. If in a cage have a circle blocked out on the far side of the cage. If no cage is available they can hit a target on a wall (brick) or a soft screen. If all else fails have a coach standing about 20 feet away they have to hit to.



Front Toss - Have a coach or player get behind a safe place like a screen. Throw underhand to the hitter. Change the angles of the screen. (Left, right, and center) No screen? No problem. You can use whiffle balls or you can get old socks and tape them up. A hit is a hit!

For older players you can bounce the pitch to simulate a off speed pitch to stay back.



Load, Check, and Swing - This is a progression with a Tee. They will load and stop. Then load, check, and then stop. Then they will load and swing.

Load - Load the bat by moving hands and getting hips ready. Start your swing and stop before you move the bat. Picture 1

Check - Load the bat and then check the swing on the swing. You will hit the ball off the Tee, but you won't finish the swing. Picture 2

Swing - Do all the above and finish the swing! Picture 3



Front Toss BP Round - Work with a partner or coach and give a situation. For example tell them a runner is at first or third. Always use a game routine when they swing. Their job is to move the runners!

4 Corners Bunting - Never throw bunting into a hitting drill. The kids will just do it to get to hitting. Set up cones in the 4 corners of the gym along the 1st and 3rd base lines. Have players pitch (slowly) to bunter and give them a scenario such as "man on 1st." Bunters will have to lay down a bunt along the appropriate base path (runner on 1st - bunt to 1st, runner on 2nd - bunt to 3rd)

Indoor and Outdoor Scrimmages: These are ideas you can do inside and outside for team hitting. It will need 2-3 players hitting while everyone else is on defense.

Tee Scrimmage - Have teams of 2-3 competing against each other. Always take the moment to ask defense what to do if the ball is hit to them.

Bunt Scrimmage - Do an indoor/outdoor scrimmage, but the only way a player can get on is a bunt. Be creative. For example, if they put the bunt down in a specific spot they are automatically safe.

1st and 3rd Scrimmage - Practice defending this as well as hitting with it. Batters should focus on scoring the run at 3rd and moving the runner on 1st to 3rd.