

Heavy Hitter (Level 2)

Contributed by Coach Larry
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Level: 2

Purpose: To teach players to swing through the ball, thus increasing their power.

Equipment: A flat soccer ball, a plunger and a batting tee.

Description: This drill will force a swing harder, by forcing them to hit a ball off the tee that is heavier than a baseball. By doing this, players will learn to swing harder and will naturally develop more of a follow through to their swing.

Execution: Set up the tee and slide the plunger handle down into the base of the batting tee. Place a slightly deflated soccer ball onto the plunger. Have your player line up and then swing. At first, the player's bat will probably "stop" when they hit the soccer ball. After a few reps, the player will get more comfortable and start swinging through the soccer ball. This will help the player develop a harder swing.

Some things to be aware of:

** Make sure you use a soccer ball. Using a heavier ball like a basketball can potentially hurt a batter's wrists, especially with the younger players.

** Make sure players do not alter their normal swing due to the heavier ball. Players should keep the same swing. Swinging harder is a result of faster bat speed to and through the ball, not increased strength.

** Do not worry so much about how far the soccer ball travels. Instead, focus on the bat and if it carries smoothly through the entire swing or slows down when contact with the soccer ball is made. The goal is to have the bat keep its speed through the ball.