



# Grayslake Central Rams

Hitting progression  
May be done off of tee, underhand,  
or live





Quiet head, hands, and feet

Hitting Mission Statement



# GCHS Hitting drills

1. Stork
2. No feet
3. 45 degree open
4. Back foot only
5. Donaldson drill



# Stork

- A stolen golf drill!
- Focus on balance
- Staying quiet
- Good path





Stork drill



# No feet

- Same focus as stork drill
- Sink into your legs
- Jim Thome's favorite





No feet



# 45 degree open

- Focus on hand path
- Connecting elbow to side
- Drive ball up the middle





45 degree open



# Back foot only

- Swing starts from the back side
- Drive your back knee
- Maintain balance throughout swing
- Finish and hold





Back foot only



# Donaldson

- Josh Donaldson's favorite
- Front foot set in 45 degrees
- Feel your hips clear and move fast





Donaldson