



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