

STANLEY BOYD



YOUTH BASEBALL HITTING DRILLS REFERENCE GUIDE 2026

8U • 10U • 12U • 14U

Station substitution drills for use in practice plans

8U	10U	12U	14U
7 Drills	8 Drills	9 Drills	10 Drills
Fun contact & basic mechanics	Swing consistency & zone recognition	Bat speed & advanced contact	Elite bat speed & pitch recognition

Use these drills to substitute into any hitting station slot as needed.

★ = Drill already scheduled in the 6-week practice plan

8U YOUTH BASEBALL HITTING DRILLS

Focus: Fun contact, basic mechanics, and building love for hitting

Station Substitution Guide | Youth Baseball Practice Plans

LEVEL-WIDE COACHING POINTS

- ✓ The only goal at 8U is making contact and having fun. Never prioritize mechanics over confidence.
- ✓ Use softer balls, wiffle balls, or foam balls whenever possible to reduce fear of the ball.
- ✓ Keep feedback to one cue per swing — too many corrections overwhelm young hitters and kill confidence.
- ✓ Celebrate every hit, every solid contact, and every good swing — even misses that show effort.
- ✓ Stance and grip should be comfortable first. Perfect technique comes later — enjoyment comes first.

DRILLS (34 total) — Each drill fits within a single 9-minute station slot

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
1	★ Grip & Stance Check	Check each player's grip: door-knocking knuckles aligned. Feet shoulder-width, knees slightly bent, weight balanced. Get into stance 5 times on coach's signal.	Door-knocking knuckles must be aligned — show them on your own hand first. Feet shoulder-width apart, knees soft, weight centered. Repeat the stance cue every rep: 'Ready... stance!' Build the habit of getting set the same way every time.	Baseballs
2	★ Tee Work — Waist Height	Set tee at waist height. Swing and make solid contact. Coach watches for head staying down and two hands through the swing. 8–10 swings each.	Eyes stay on the ball through contact — head does not lift. Two hands on the bat through the swing and into the follow-through. Cue: 'Watch it all the way.' Count reps out loud to keep energy up.	Batting Tee, Baseballs
3	★ Rope Bat — Feel the Swing	Introduce the Rope Bat. Explain: if you swing correctly, the rope stays taut and the barrel snaps through the zone. If you cast or arm-bar, the rope goes slack and floppy. Let each player take 5–6 slow, deliberate swings and simply feel the difference. No balls yet — just getting comfortable with the tool.	Do not worry about power yet — just feel the rope. If the rope stays tight and snaps at the end, the swing path is correct. If it goes limp or floppy, the hands got away from the body. Cue: 'Keep the rope tight all the way through.' Slow is correct at this stage.	Rope Bat
4	★ Soft Toss — Side Toss	Coach kneels to the side and tosses gently into the hitting zone. Player swings and tries to make contact. Use real or wiffle balls. 8–10 swings each.	Track the ball from the coach's hand all the way to the bat. Swing through the ball — don't stop at contact. Cue: 'See it, hit it.' Celebrate every contact — even partial hits count as a win at this age.	Wiffle Balls or Baseballs


#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
5	★ Tee Work — High & Low Zones	Set tee high (chest), then low (below the knee). 4 swings at each height. Teach players to bend their knees more for low pitches instead of reaching down.	For low pitches: bend the knees, don't reach with the arms. For high pitches: stay through the ball and don't uppercut. Cue for low: 'Get your knees down to the ball.' The tee shows players exactly where to adjust their body — use it to teach zone awareness.	Batting Tee, Baseballs
6	★ Hip Rotation Drill	Player places hands on hips (no bat). Coach calls 'go' — player rotates hips open toward the pitcher. Feel how the hips lead. Then add the bat and swing.	Hips must open before the hands come through — hips lead, hands follow. Without the bat, the player can feel the rotation clearly. After 5 hip-only reps, add the bat and say: 'Now do the same thing with the bat — hips first.' Watch that they don't revert to arm-swinging.	Baseballs
7	★ Rope Bat — Tee Contact	Now use the Rope Bat on the tee with foam or wiffle balls. Player swings and tries to make solid contact. Coaching cue: 'Keep the rope tight — if it goes slack before you hit the ball, your hands got away from your body.' 6–8 swings each, reset and repeat.	Keep the rope tight — if it goes slack before you hit the ball, your hands got away from your body. Watch for the rope drooping before contact. Cue: 'Knob to the ball first, then barrel.' Reset after every swing — good mechanics, then go.	Rope Bat, Wiffle Balls, Batting Tee
8	★ Swing & Freeze Finish	After each swing off a tee or soft toss, player freezes at the finish. Coach checks: weight on front foot, bat over shoulder, balanced. Builds muscle memory.	Weight on the front foot at the finish — not leaning back. Bat ends over the shoulder, head still down. Cue: 'Stick the landing like a gymnast.' If they wobble, the weight was wrong during the swing. Use the freeze to make the follow-through visible and coachable.	Batting Tee, Baseballs
9	★ Tee Work — Load & Stride	Before each swing, player loads hands back slightly and then takes a controlled stride forward. Coach watches for timing: load first, then step, then swing.	Sequence matters: load hands back first, then stride, then swing — never all at once. The load is small, the stride is small. Cue: 'Load... step... swing.' Count it out loud with them for the first several reps until the sequence becomes automatic.	Baseballs
10	★ Soft Toss — Directional Hitting	Place a cone at center field. Player tries to hit the ball up the middle toward the cone. Focus on making square contact — not pulling everything to one side.	Square contact sends the ball back up the middle. Pulling means the barrel got there too early. Cue: 'Hit it at the cone.' The cone gives the player a visual target without complicated mechanics explanations. Celebrate every ball that goes toward center.	Cones, Baseballs

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
11	★ Rope Bat — Hip Rotation Drill	Use the Rope Bat with no ball. Player focuses on firing hips first before the hands come through. If hips lead, the rope loads up and snaps cleanly at contact. If hands come out first, the rope tangles or goes slack. Take 8 slow swings focusing only on the hip-to-hands sequence.	Hips first — always hips first. If the rope tangles, the hands came out before the hips. Cue: 'Fire the hips, then let the hands follow.' Do this at slow speed so players feel the sequence. After 8 slow reps, have them try one at full speed and see if the feel transfers.	Rope Bat
1 2	★ Two-Strike Approach	Call out '2 strikes!' before the toss. Player chokes up an inch, shortens swing, and focuses on just making contact. Survival swing, not a home run swing.	Choke up one inch, widen the stance slightly, shorten the swing. The goal is contact — not a home run. Cue: 'Protect the plate.' Make it feel like a game situation. Even at 8U, learning to compete with two strikes builds mental toughness.	Baseballs
1 3	★ Full Mechanics Check — Tee	One-on-one with a coach: grip, stance, load, stride, hip rotation, contact, finish. Coach gives each player one specific thing they did well and one to keep working on.	Go through the full checklist: grip → stance → load → stride → hips → contact → finish. Give one genuine positive and one specific thing to improve. Keep feedback brief and encouraging. At 8U, one coaching cue per session is enough — more overwhelms young hitters.	Batting Tee, Baseballs
1 4	★ Front Toss — Varied Location	Coach front-tosses to different zones: inside, outside, up, down. Player must identify the location and adjust swing path. Don't always aim for the same spot.	Track the ball early and read the location before swinging. Inside pitches are hit out in front; outside pitches are hit deeper. Cue: 'See where it is, then swing.' Don't coach too much between reps — let them figure out the adjustments. Praise every correct identification.	Baseballs
1 5	★ Rope Bat — Soft Toss Challenge	Rope Bat with soft toss — the hardest rope bat drill yet. Coach tosses from the side and the player must time the swing AND stay connected. If they lunge or cast, the rope droops on contact. Goal: 5 clean, connected contacts in a row. Coach counts the streak out loud.	This combines timing and mechanics — the hardest rope bat challenge. If the rope droops at contact, they either lunged at the pitch or cast the hands. Cue: 'Stay connected all the way through contact.' Count the streak out loud — 1, 2, 3 — the competitive element drives focus.	Rope Bat, Baseballs
1 6	★ Confidence Rounds	Easy, hittable tosses — just rip it! Loud encouragement from coaches and teammates. End the month's hitting on a high note with big swings and big cheers.	This is pure confidence-building — no mechanics coaching during this drill. Toss it right down the middle, easy to hit. Be louder than usual in your encouragement. Every player should leave this drill feeling like a great hitter. The last thing they feel in practice is what they remember.	Baseballs

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
1 7	★ Tee Work — Fix Your Flaw	Coach identifies each player's most common mechanical flaw from Weeks 1–4 (casting, stepping in the bucket, dropping the back shoulder, etc.) and designs 8–10 reps specifically targeting that issue. Personalized correction time.	Address one specific flaw per player — don't try to fix everything. Common 8U flaws: casting (cure: fence drill), stepping in the bucket (cure: draw foot lines), dropping the shoulder (cure: high tee work). Make the correction simple and give them immediate feedback on each rep.	Bucket, Baseballs
1 8	★ Soft Toss — Up & In vs. Down & Away	Coach alternates: one toss up and inside, next toss down and away. Player must identify the zone and adjust — pull the inside pitch, stay back and drive the outside pitch to the opposite field.	Two different locations, two different adjustments. Inside pitch: contact out in front, pull it. Outside pitch: stay back, let it travel, drive it the other way. Cue: 'In — pull it. Away — stay back.' Keep calling the location so players begin to connect the verbal cue with the swing adjustment.	Baseballs
1 9	★ Rope Bat — Tee + Immediate Real Bat Rep	Player takes 3 swings with the Rope Bat on the tee (feel the connected path), then immediately picks up a regular bat and takes 3 swings. The goal: transfer the feel from the Rope Bat into a real swing. Alternate back and forth 3 times.	The Rope Bat teaches the feel; the regular bat is where it gets used. After every Rope Bat set, pick up the regular bat immediately and try to replicate the same connected path. Cue: 'Carry the feel over.' Watch for the player to relax their mechanics when switching — coach them to maintain the same hip-first sequence.	Rope Bat, Batting Tee, Baseballs
2 0	★ Front Toss — Count Your Hits	Player gets 10 front-toss reps. Coach counts only hard line drives or hard ground balls — no pop-ups or weak contact. Goal: 6 out of 10 quality contacts. Track improvement week over week.	Quality contact only counts — pop-ups and weak rollers are 0. Hard line drives and hard grounders are the standard. Announce the count after each rep: 'That's 1... that's 2...'. Tracking week over week creates a personal benchmark that motivates players to improve their own number.	Baseballs
2 1	★ Tee — Season Best Swing	No coaching corrections this round — just let players swing freely with everything they've learned. Coach watches and notes: who looks most improved? Give genuine, specific praise after each player. 10 swings each.	No corrections during this drill — let them play. Watch for growth from Week 1 and be specific in your praise: 'Your hip rotation is so much better than the first day' means more than 'great swing.' Specific praise tells the player exactly what they did right and reinforces it.	Baseballs
2 2	★ Soft Toss — All Zones, Best Effort	Coach tosses to every zone — inside, outside, high, low — in random order. Player reacts and adjusts with their best swing. No do-overs. This is their best at-bat of the season.	Every pitch is different — stay ready and react. No predictable patterns. This simulates a real at-bat better than any other drill. Cue: 'Read it and react.' No do-overs — whatever happens, move to the next pitch. This is their best at-bat of the season — let them feel that.	Baseballs

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
2 3	★ Rope Bat — Season Final: Full Sequence	Full Rope Bat sequence: 3 reps with no ball (feel the path), 3 reps on the tee (stay connected through contact), 3 reps off soft toss (time it and stay connected). That's 9 total reps showcasing everything learned with the tool. Coach gives final Rope Bat feedback.	This is the complete Rope Bat sequence — dry swings, tee, then live toss. Each phase adds a layer of difficulty. Dry swings: path and connection. Tee: add contact. Soft toss: add timing. Give each player their final personalized Rope Bat feedback — one specific thing that improved most.	Rope Bat, Batting Tee
2 4	★ Home Run Derby — Bracket Style	Each player gets 5 front-toss swings. Count home runs (balls past outfield cone). Top 2 get a bonus round. Loud team cheering required. End the 6-week plan on the biggest, most fun hitting note possible.	This is pure fun — the goal is to end the season on an unforgettable high. Count every home run loudly, cheer for every player, and make the bonus round feel like the World Series. Coaches compete in energy level too — be louder than the kids. End the 6-week plan the right way.	Baseballs
2 5	Balloon Swing Drill	Hang a balloon from a string at strike zone height. Player practices swinging through the balloon repeatedly. The balloon gives immediate visual feedback — a level swing pops it forward cleanly while an uppercut or chop sends it in the wrong direction. 10 swings each.	Watch where the balloon goes after contact — that tells you everything about the swing path. Forward and level = good swing. Up = uppercut. Down = chopping. The balloon is forgiving and non-intimidating — great for first-time hitters or players who are afraid of the ball.	Balloon + String, Baseballs
2 6	Squishy Ball Toss	Coach stands 8 ft in front of the batter and tosses a foam or squishy ball underhand. Player swings freely. Zero pressure — if they miss, the ball does not hurt and there is no intimidating sound. 10 tosses per player.	Watch the ball all the way to the bat. Swing hard — do not be tentative. If they miss, laugh it off and try again. The goal is to remove fear of the ball entirely. Once a player swings with confidence, introduce mechanics. Fear kills development faster than bad mechanics.	Foam/Squishy Balls
2 7	Color Ball Toss	Use balls marked with different colored dots (or different colored wiffle balls). Coach tosses a ball and calls a color. Player only swings if the ball matches the called color — otherwise they hold. Builds pitch recognition and patience.	Wait to see the color before swinging. This is the earliest form of pitch recognition — see it, identify it, decide. Makes the drill a game and teaches the discipline of not swinging at everything. Celebrate both good swings AND good takes — taking a ball is a skill.	Wiffle Balls, Colored Balls
2 8	Tee Knock-Off Challenge	Set up 5 tees in a row at different heights. Player must knock the ball off each tee in order without missing. If they miss, they start over from tee #1. First player to knock all 5 in a row wins the round. Gamifies tee work.	Eyes on the ball, not the tee. Stay balanced through each swing. This drill makes repetitive tee work competitive and exciting. Players will swing more reps chasing the 5-in-a-row goal than they ever would in a normal tee session. Use this when energy is dropping.	Batting Tees, Baseballs

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
2 9	Statue of Liberty Finish	After each swing off a tee or soft toss, the player must freeze in their finish position like a statue — weight on front foot, bat over the shoulder, head down. Coach walks around and checks balance. If they wobble, they do not get the next turn until they stick the finish.	A good finish means a balanced swing. If they fall forward or sideways, the weight was wrong during the swing. Freeze means absolutely no movement after contact. This turns the follow-through into a teachable, visible moment — you can literally walk around and check each player.	Batting Tee, Baseballs
3 0	Sidewalk Chalk Stance Drill	Draw the player's perfect batting stance on the ground with chalk — outline both feet. Player steps into the outline before every swing. After the swing, check: did their front foot land near the original spot? Did they step in the bucket or across?	The stride should land close to where the front foot started — small and straight. Stepping in the bucket means they are scared of the ball. Stepping across means they are lunging. The outline shows them exactly where they went — no interpretation needed.	Sidewalk Chalk, Bucket, Baseballs
3 1	Wiffle Ball Pepper	Coach stands 15 ft away with a wiffle ball. Player hits, coach catches or picks up and immediately tosses again. Rapid-fire soft tosses — player hits as many as possible in 60 seconds. Count how many they make contact with. Try to beat the record each round.	Quick reset between swings. Keep the bat up — do not let it drop between pitches. This drill builds quick reactions, consistent contact, and bat speed through sheer repetition volume. Make it competitive — kids will do 50 more swings chasing a record than in a normal station.	Wiffle Balls, Tablet/Phone (timer)
3 2	Hit to a Target	Place a cone, hula hoop, or laundry basket 30 ft away in center field. Player hits off a tee and tries to hit the ball into or past the target. Count direct hits. This introduces directional hitting in a fun, low-pressure way.	To hit to center, square contact is required. Pulling the ball means the barrel got there too early. Going the other way means the barrel was late. The target gives the player a reason to care about contact direction without any mechanical explanation needed.	Hula Hoop, Batting Tee, Baseballs
3 3	Super Slow Motion Swing	Player takes their swing in absolute slow motion — it should take 5–6 seconds to complete. Coach watches every phase: load, stride, rotation, contact, finish. Stop the player at any point and check position. Then do the same swing at full speed.	Slow motion reveals what full speed hides. Common discoveries: hands dropping before the swing, stride too long, or no load at all. After the slow motion swing, let the player feel the contrast when they go full speed. The feel transfers — this is one of the most effective diagnostic drills.	Baseballs
3 4	Parent Pitch Challenge	If a parent or assistant coach is available, have them pitch underhand from 20 ft while the coach watches. Player tries to hit 3 of 5 pitches. Gamified: each hit earns a point, each miss the pitcher gets a point. First to 5 wins. Simulates real game atmosphere.	Track the ball from the pitcher's hand. Be ready — do not start swinging before the ball leaves the hand. This drill introduces live pitch timing in the least intimidating way possible. The competition element is more motivating than any mechanical drill. Enjoy the moment.	Baseballs

 Station Tip: Substitute any of these drills into a hitting station slot as needed. Rotate 3–4 players through at a time while others continue at standard stations.

10U YOUTH BASEBALL HITTING DRILLS

Focus: Swing consistency, timing development, and understanding the strike zone

Station Substitution Guide | Youth Baseball Practice Plans

LEVEL-WIDE COACHING POINTS

- ✓ Repetition is the teacher at 10U — more quality swings per practice equals faster development.
- ✓ Introduce the concept of a consistent swing plane — the bat should travel on the same path every time.
- ✓ Begin teaching pitch recognition: ball vs. strike, and learning to lay off pitches out of the zone.
- ✓ Hip rotation is the engine of the swing — every drill should reinforce hips-before-hands.
- ✓ Video is a powerful tool at this age — short clips of their own swing help players self-correct faster than verbal coaching alone.

DRILLS (34 total) — Each drill fits within a single 9-minute station slot

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
1	★ Tee Work — Contact Zone & Bat Path	Set tee at waist height. Focus on a slightly upward bat path through the zone (not a chop). Coach watches for extension through contact and weight transfer to the front side. 10 swings each.	Slight upward attack angle — not a chop, not a big uppercut. Barrel stays through the zone after contact. Watch for full arm extension at the end and weight transferring to the front foot. Cue: 'Stay through the ball.' Pop-ups mean the bat went under the ball; ground balls mean it went over — the path should match the pitch plane.	Batting Tee, Baseballs
2	★ Load, Stride & Timing Drill	Coach counts out loud: 'load' (hands back, weight loaded), 'stride' (small step, weight transfers), 'swing.' Players follow each step. Goal: keep the hands back until the hips open. Repeat 8–10 times.	Hands stay back until the hips open — this is the most important cue. Sequence: load → stride → hips → hands. If the hands come forward during the stride, the timing collapses. Cue: 'Hands back... hips open... now swing.' Pause between each cue so players feel each phase distinctly.	Baseballs
3	★ Rope Bat — Bat Path Introduction	Introduce the Rope Bat. A good swing keeps the rope taut through the zone — the barrel snaps at contact. A casting or arm-bar swing causes the rope to go limp early. Players take 8 slow swings with no ball, focusing on keeping tension in the rope from start to finish.	A good swing keeps the rope taut through the entire swing — the barrel should snap at contact. If the rope goes limp before the barrel reaches the contact zone, the hands got away from the body. Cue: 'Feel the tension — keep it tight.' 8 slow swings first, no ball, just feel. Speed comes later.	Rope Bat

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
4	★ Front Toss — Drive the Ball	Coach front-tosses from behind an L-screen at 12–15 ft. Players focus on driving through the ball with extension, not just making contact. Aim for hard line drives — not pop-ups or weak rollers.	Driving through the ball means the barrel stays in the hitting zone longer. Hard line drives are the target — pop-ups mean the barrel went under the ball, weak rollers mean it went over. Cue: 'Drive through it.' Give immediate feedback after each rep: 'Line drive — that's it' or 'Stay through the ball.'	L-Screen, Baseballs
5	★ Tee Work — Inside & Outside Pitches	Move the tee inside (front of plate) for an inside pitch and outside (back of plate) for an away pitch. Teach players to pull the inside pitch and oppo on the outside one. 5 inside + 5 outside each.	Inside pitch: contact point is out in front of the plate — pull it. Outside pitch: contact point is at or behind the plate — go opposite field. Cue for inside: 'Hit it early.' Cue for outside: 'Let it travel.' Make sure the tee position clearly represents the two locations.	Batting Tee, Baseballs
6	★ Pitch Recognition — Yes/No Drill	Coach holds the ball in a toss position. Just before tossing, they say 'yes' (swing) or 'no' (take). Player reacts. This builds the habit of tracking the ball first, then deciding to swing — not committing too early.	The habit is track first, decide second — never commit before the pitch is read. Mix in more 'no' calls than 'yes' to build patience. Praise good takes as loudly as good swings. Cue: 'See it first, then decide.' This drill is the foundation of plate discipline.	Baseballs
7	★ Rope Bat — Tee Contact, Stay Connected	Rope Bat on the tee with regular balls. Goal: keep the rope taut from load all the way through contact. If the rope droops before the barrel reaches the ball, the hands got away from the body. Cue: 'Knob to the ball first, then barrel.' 8–10 reps.	Knob to the ball first, then barrel — this is the path of a connected swing. If the rope droops before contact, the hands are leading the barrel away from the body. Watch the rope through the entire swing, not just at contact. Cue: 'Knob first, then snap.' The rope makes the flaw visible immediately.	Rope Bat, Batting Tee, Baseballs
8	★ Two-Strike Approach & Bat Control	Coach calls '2 strikes' before each toss. Player chokes up 1–2 inches, widens stance slightly, shortens the swing, and protects the plate. Goal is hard contact anywhere — not a home run. Mix in borderline pitches to force decisions.	Choke up 1–2 inches, widen the stance, shorten the swing, cover the whole plate. The goal is contact — not power. Mix in borderline pitches and praise good foul balls as much as good contact — a foul ball with 2 strikes is a quality at-bat. Cue: 'Protect the plate. Anything close — put it in play.'	Baseballs
9	★ Tee Work — Hip Drive & Extension	Set tee slightly out in front of home plate. Player must fire the hips first to reach the contact point — no early hand extension. Cue: 'Back hip to the ball.' Finish with full arm extension and weight on the front foot. 10 reps.	Back hip drives to the ball — hips initiate, hands follow. Moving the tee in front of the plate forces the player to use their hips to reach it. If they extend the arms early, they'll miss the contact point. Cue: 'Back hip to the ball — let the hands follow.' Full extension at finish, weight forward.	Batting Tee, Baseballs


#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
10	★ Soft Toss — Rapid Fire Reps	Coach tosses every 5–6 seconds — quick turnaround reps. Player resets stance fast, loads, and swings. 15+ reps each. Builds bat speed and quick-twitch reactions. No long pauses between swings.	Reset fast — stance, load, swing, repeat. No long pauses, no overthinking between reps. This drill trains quick-twitch muscle activation and bat speed through volume. Cue: 'Fast reset — go again.' If mechanics break down under speed, slow down slightly but keep the pace higher than normal.	Baseballs
11	★ Rope Bat — Hip-First Sequence	Rope Bat with no ball. Player must fire hips before the hands move — the rope should load with tension as the hips rotate, then snap at the contact zone. If hands come early, the rope tangles. Take 10 reps at slow speed, then 5 at full speed. Feel the difference.	Hips rotate first — the rope loads up with tension as the hips fire. Then the hands snap through. If the hands come first, the rope tangles or goes limp. Cue: 'Load the rope with your hips.' 10 slow reps to feel it, then 5 at full speed. The feel at slow speed should transfer to the full-speed reps.	Rope Bat
12	★ Front Toss — Varied Speed & Location	Coach mixes slow and faster tosses to different zones: high inside, low away, middle-middle. Player must track, identify location, and adjust swing path. No predictable patterns. Builds real pitch-tracking habits.	No predictable pattern — every pitch is different. Track the ball early and read both speed and location before committing to a swing path. Cue: 'Track it... identify it... react.' Give immediate feedback: 'You identified that as inside but swung at it late — trust your read earlier.' This is real pitch-tracking training.	Baseballs
13	★ Full Mechanics Evaluation — Tee	One-on-one coach evaluation. Each player takes 5 swings. Coach assesses: grip, load timing, stride length, hip rotation, bat path, contact point, and finish. One specific positive and one specific key to work on.	Full checklist: grip → load timing → stride length → hip rotation → bat path → contact point → finish. One genuine positive and one specific focus area per player. Be precise: 'Your hip rotation has really improved' is better than 'good swing.' The specificity shows you're watching and builds trust.	Batting Tee, Baseballs
14	★ Simulated At-Bat — Front Toss	3-pitch simulated at-bat. Coach calls ball or strike on each pitch. Player must take true balls and swing at strikes. Count the at-bat out: a called K on a swing at a ball is an out. Build real plate discipline.	This is a real at-bat — balls are balls, strikes are strikes. Swinging at a ball is an out. Taking a strike without swinging is a strike. Cue: 'Think like you're in a game.' Debrief after each at-bat: what was the approach? Did you chase anything? This builds competitive at-bat habits.	Baseballs
15	★ Rope Bat — Live Soft Toss Challenge	Rope Bat with live soft toss — the final and most challenging rope bat drill of the month. Player must time the toss, stay connected (rope taut through contact), and make solid contact. Goal: 5 consecutive clean contacts. Coach counts the streak aloud. If the rope droops, the streak resets.	This is the hardest Rope Bat drill — timing AND mechanics at the same time. If the rope droops at contact, the streak resets. Count the streak out loud to create competitive focus. Cue: 'Stay connected all the way through contact.' 5 clean, connected contacts in a row is the goal.	Rope Bat, Baseballs

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
1 6	★ Pressure At-Bat — 2 Outs, Runner on 2nd	Coach calls the scenario: 2 outs, runner on second, tie game. Player gets 3 front-toss pitches. No mercy tosses — real pitch locations. Celebrate good at-bats regardless of result. Debrief: what was the approach?	Set the scene before the at-bat: 2 outs, runner on second, tie game. No easy pitches — real locations. Celebrate the approach, not just the result. Debrief: 'What was your plan going in? Did you stick to it?' Teaching process over outcome is the biggest mental skill development at this age.	Baseballs
1 7	★ Tee — Personalized Flaw Work	Coach identifies the top mechanical issue for each player from Weeks 1–4 and builds 8–10 reps around fixing it. Common issues at 10U: casting, stepping in the bucket, rolling over, lunging at off-speed. Specific and targeted corrections only.	Address only the top mechanical issue — don't try to fix multiple things at once. Common 10U flaws: casting (cure: fence drill or Rope Bat), stepping in the bucket (cure: stride line on ground), rolling over (cure: extension through contact drill), lunging (cure: no-stride drill). One flaw, 8–10 focused reps.	Bucket, Baseballs
1 8	★ Inside/ Outside Pitch Adjustment	Coach front-tosses alternating inside and outside pitches with no verbal cue. Player must recognize the location off the toss and adjust: pull the inside pitch, drive the outside pitch the other way. No cheating to one side.	No verbal cues — read it off the toss. Inside pitch: early hip rotation, contact out front, pull it. Outside pitch: stay back, let it travel, drive it the other way. Cue: 'Read it, then react.' If the player is cheating to one side, mix in consecutive pitches to the same location to expose the pattern.	Baseballs
1 9	★ Rope Bat — Transfer Drill	3 swings with the Rope Bat on the tee (feel the connected, hip-led path), then immediately switch to a regular bat for 3 tee swings. Repeat the cycle 3 times. The goal is to consciously carry the Rope Bat feel into the real bat. Coach watches for transfer quality.	The Rope Bat is the teacher; the regular bat is the test. After every Rope Bat set, pick up the real bat immediately and try to feel the same connected path. Cue: 'Carry the feel over.' Watch for the connected feel dropping off when switching bats — that is where the coaching opportunity is.	Rope Bat, Batting Tee, Baseballs
2 0	★ Competitive Front Toss — Quality Reps	10 front-toss reps at game speed. Coach tracks quality contacts only: hard line drives or hard grounders. Goal: 7 out of 10. Pop-ups and weak rollers don't count. Players track their own score and try to beat it each round.	Quality contact only: hard line drives or hard grounders. Pop-ups and weak rollers count as 0. Players track their own score — the competition is against themselves, not each other. Announce the goal: 7 of 10. If a player gets 7, raise the target to 8. Track and compare to Week 1 scores.	Baseballs

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
2 1	★ Tee — Season Best Swing	No corrections — let players show everything they've learned. Coach watches for overall improvement from Week 1 and gives genuine, specific praise. 10 free swings each. This is a showcase, not a lesson.	No coaching corrections during this drill — just watch and appreciate the growth. After 10 swings, give one specific, genuine observation about how their swing has improved from Week 1. Be precise. 'Your hip rotation is so much better than day one' means more than 'great swing.'	Baseballs
2 2	★ Simulated Game At-Bat — Full Count	Full simulated at-bat: coach front-tosses, calls balls and strikes, and builds to a full count. Player must track, recognize zone, and make a decision on every pitch. Walk = takes 4 balls. K = 3 called/swinging strikes. Realistic plate discipline under pressure.	Real rules apply: 4 balls is a walk, 3 strikes is a K. Every pitch requires a decision — swing or take, and stand behind that decision. Cue: 'Think like you're in a real game.' Debrief after the at-bat: was there a plan? Did the player adjust? Plate discipline is a skill that must be trained.	Baseballs
2 3	★ Rope Bat — Season Final Full Sequence	Complete Rope Bat showcase: 3 dry swings (feel the path), 3 tee reps (connected contact), 3 soft toss reps (time and stay connected). Coach delivers final personalized Rope Bat feedback for each player — what improved most over 6 weeks.	Three phases of the full Rope Bat sequence. Dry swings: path and connection feel. Tee: add contact while staying connected. Soft toss: add timing. Give each player their personalized final Rope Bat feedback — what specific thing improved most, and one thing to keep working on this off-season.	Rope Bat, Batting Tee
2 4	★ Clutch Hitting Scenario	Game on the line: bases loaded, 2 outs, full count, tie game. Coach front-tosses. Player gets one swing — give it everything. No pressure on outcome; full pressure on process. Debrief: what was your approach? Did you stay back? Did you trust your swing?	Set the scene with full dramatic effect. No pressure on outcome — full pressure on process. Debrief after every at-bat: what was the plan? Did you stay back on off-speed? Did you trust your swing? The mental skill of having a process in high-leverage situations is what separates good hitters from great ones.	Baseballs
2 5	Fence Drill	Player stands with their back 6–8 inches from a fence or wall. They take a full swing — if the bat hits the fence on the backswing or the follow-through, they are casting or wrapping. Goal: complete a full swing without touching the fence. 10 reps.	The fence exposes two flaws: wrapping the bat behind the head and casting the hands outward. Keep the barrel inside and let the hips drive. If the swing is compact and correct, the fence will never be touched. This is the best self-correcting drill for casting — immediate feedback without a coach.	Baseballs
2 6	Hip Lead Drill	Player holds the bat handle behind their back, gripping it at the hips. They practice rotating their hips open to the pitcher — the bat handle should point toward the pitcher at the end of the rotation. This isolates the hip movement without arm interference. 15 reps.	Hips open first — the hands follow. This drill makes it impossible to use the arms early. After 10 reps of hip-only rotation, add the bat and swing. The player should feel the hips driving the swing, not the hands pulling it. Cue: 'Point the handle at the pitcher.'	Baseballs

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
2 7	No-Stride Drill	Player takes their normal stance but does not stride at all — feet stay planted throughout the entire swing. Hit off a tee or soft toss. Forces the player to generate power from rotation rather than timing with the stride. 10 reps.	Removing the stride isolates the rotational power in the hips and core. If a player has no power without the stride, they are relying on their legs to generate force instead of their rotation. All the power should come from turning, not stepping. Cue: 'Rotate, don't step.'	Batting Tee, Baseballs
2 8	Tee + Mirror Drill	Set up a tee in front of a mirror or position a tablet to record. Player hits 5 swings, then immediately reviews the video or mirror image before the next set. Player self-identifies one thing they want to fix. Repeat for 3 sets.	Teach self-coaching early. Ask the player: 'What did you see?' before giving feedback. If they identify the issue themselves, the correction sticks far better. The mirror or video removes subjectivity — they cannot argue with what they see. One self-identified fix per review.	Tablet/Phone, Batting Tee, Baseballs
2 9	One-Arm Isolation Drill	Player swings with the bottom hand only (lead arm) for 5 reps off a tee. Then top hand only for 5 reps. Then both hands for 5 reps. Bottom hand builds bat path and extension. Top hand builds wrist speed and snap at contact.	Bottom hand (lead arm): bat stays on the swing plane and extends through the ball. Top hand (back arm): focus on the wrist snap at contact. When both hands come together, the player should feel the combination of both sensations. Alternate single-arm reps with two-hand reps to reinforce the combined feel.	Baseballs
3 0	Strike Zone Map	Draw or tape a strike zone on a fence or screen. Divide it into 9 boxes (3x3 grid). Coach points to a box and tosses to that exact location. Player swings only if it is a strike and identifies the box. 15 pitches.	Pitch recognition is a mental skill — it must be trained, not just explained. Players who can identify pitch location early adjust their swing path correctly. A player who does not know where the pitch is until it is already at the plate has no time to adjust. Call the box before the pitch, then check after.	Athletic Tape, Baseballs
3 1	Rapid Tee Reset	Two tees set up at different heights (one knee-high, one belt-high). Player hits the first tee, coach immediately resets it while player hits the second tee. Player alternates back and forth for 20 consecutive swings without stopping.	Quick reset forces the player to maintain their stance and keep the bat ready between swings. This builds the habit of staying in an athletic hitting position — not relaxing between pitches. Mirrors the mental and physical readiness required at the plate.	Tablet/Phone, Batting Tees, Baseballs
3 2	Opposite Field Soft Toss	Coach tosses to the outside half of the plate only. Player focuses on driving the ball to the opposite field. Place a cone at the target field. 12 reps.	Let the ball travel deep into the hitting zone before swinging. Hands stay inside the ball — do not roll over. Extension should go toward the opposite field gap, not toward the pitcher. Cue: 'Let it travel... stay inside... drive it the other way.'	Cones, Baseballs

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
3 3	Live Count Soft Toss	Assign a count before each toss: 0-0, 3-0, 0-2, 2-2. Player adjusts their approach based on the count. On 3-0: only swing at a perfect pitch. On 0-2: choke up, shorten swing, protect the plate. On 2-0: look for your pitch and attack it.	Hitting approach changes with the count — this is one of the most important concepts in baseball. Players who swing the same way on every count are reactive. Players who adjust their approach based on count are proactive. Cue: announce the count with energy: 'Three-oh — look for YOUR pitch!'	Baseballs
3 4	Walk-Up Confidence Round	At the end of the hitting session, every player gets 5 front-toss swings with no coaching — just pure, free hitting. Loud music if possible. Team cheers on every swing. Coaches say nothing about mechanics. Pure confidence-building swings.	Every practice should end with hitters feeling good about their swing. If the last thing a player experiences is a correction, they carry that feeling home. If the last thing they experience is crushing the ball to loud cheers, they come back hungry for more. Do not break this rule.	Speaker, Baseballs

 **Station Tip:** Substitute any of these drills into a hitting station slot as needed. Rotate 3–4 players through at a time while others continue at standard stations.

12U YOUTH BASEBALL HITTING DRILLS

Focus: Bat speed development, pitch recognition, and advanced contact skills

Station Substitution Guide | Youth Baseball Practice Plans

LEVEL-WIDE COACHING POINTS

- ✓ Bat speed is king at 12U — players who can generate elite bat speed with consistent mechanics will dominate their age group.
- ✓ Teach hitters to have a plan every at-bat: know the pitcher's best pitch, identify their own strength zone, and hunt a specific pitch in a specific location.
- ✓ Off-speed recognition is critical — players begin seeing curveballs and changeups regularly at 12U. Train the 'stay back' skill deliberately.
- ✓ Advanced contact skills: pulling the inside pitch, going opposite field on the outside pitch, and driving the middle pitch up the middle.
- ✓ Mental approach: at 12U, hitters begin to slump. Teach them how to get out of a slump — mechanical simplification, back to basics, and short memory.

DRILLS (34 total) — Each drill fits within a single 9-minute station slot

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
1	★ Tee Work — Bat Path & Extension	Focus on a slight upward attack angle through the zone and full arm extension at contact. Coach watches for: no chop, no roll-over, barrel stays through the zone. Place an impact bag or towel beyond the tee to reinforce extension. 10 swings each.	Slight upward attack angle through the zone — not a chop, not a big uppercut. The barrel must stay through the zone after contact. Place a towel or impact bag just beyond the tee — the player's extension should reach or pass it. Cue: 'Stay through the ball.' No roll-over, no chop.	Batting Tee, Baseballs
2	★ Load & Hip Sequence Drill	Coach calls 'load' — player loads hands and coils the back hip. Coach calls 'fire' — player drives the back hip through and swings. Pause between cues to isolate the sequence. Players should feel the hips leading the hands every rep.	Hips lead the hands — every single rep. The pause between 'load' and 'fire' isolates the two phases and forces the player to feel them separately. Cue: 'Load... (pause)... fire!' Watch for players who cheat by not fully loading. The back hip must coil on 'load' before firing.	Baseballs
3	★ Rope Bat — Bat Path & Connection Baseline	Establish the Week 1 baseline with the Rope Bat. Players take 10 swings: 5 without a ball (feel the connected path, rope stays taut), 5 on the tee (transfer it to contact). Coach notes each player's biggest connection issue — early casting, arm-bar, or rolling over.	This is the Week 1 baseline — document each player's primary connection issue. Watch for: early casting (rope goes limp before the contact zone), arm-bar (rope goes rigid and stiff), rolling over (rope twists at contact). These notes become the coaching focus for the next 6 weeks.	Rope Bat, Batting Tee

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
4	★ Front Toss — Drive the Middle	Coach front-tosses from behind an L-screen at 15 ft. Player's goal: hit every ball back up the middle. No pulling, no going oppo — square contact only. Coach gives immediate feedback on contact quality.	Square contact sends the ball back up the middle — pulling means the barrel was early, going oppo means the barrel was late. This is the most honest contact drill: the ball's direction tells you everything. Cue: 'Hit it back at me.' Immediate feedback after every rep.	L-Screen, Baseballs
5	★ Pitch Zone Recognition — Tee	Set the tee in 4 locations: inside strike, outside strike, high strike, low strike. Coach calls the zone, player adjusts and swings. Teach the proper contact point for each location — inside out front, outside back of plate.	Each tee location teaches a different contact point. Inside: out in front of the plate. Outside: even with or behind the plate. High: contact above the belt with a level path. Low: bend the knees, don't reach. Cue for each: 'Inside — hit it early. Outside — let it travel. High — stay level. Low — knees down.'	Batting Tee, Baseballs
6	★ Two-Strike Approach & Plate Coverage	Simulate a 2-strike count on every rep. Player chokes up 1 inch, widens stance slightly, shortens path, and covers the whole plate. Coach tosses borderline pitches — player must protect and make contact. No free passes with 2 strikes.	Two-strike adjustments: choke up 1 inch, widen stance slightly, shorten the path, expand zone coverage. Borderline pitches must be put in play — no free passes with 2 strikes. Cue: 'Protect the whole plate.' Praise foul balls on tough pitches — that is execution, not failure.	Baseballs
7	★ Rope Bat — Zone Adjustment	Set the Rope Bat up for inside and outside pitches on the tee. Inside: contact point is out in front — rope should stay tight with hips driving. Outside: contact point is deeper — hands stay inside the ball. 5 reps each location. Feel the difference in swing path.	Inside contact point: out in front — hips fire early, rope stays tight with an early pull-through. Outside contact point: deeper — hands stay inside the ball, extension goes to the opposite field. 5 reps each. The Rope Bat makes the difference in path feel immediately — limp rope means wrong path.	Rope Bat, Batting Tee, Baseballs
8	★ Timing Drill — Variable Speed Toss	Coach mixes slow lobs and faster front tosses randomly. Player must stay back and time each pitch individually — no anticipating. Builds timing and patience at the plate. Track quality contacts vs. rushed swings.	No anticipating — stay back until the pitch is identified. Rushing on a slow pitch causes lunging. Waiting too long on a fast pitch causes late contact. Cue: 'Stay back... stay back... fire.' Track quality contacts versus rushed swings — awareness of the pattern is the first step to fixing it.	Baseballs
9	★ Hip Drive & Power Position	Set tee slightly out in front of plate. Player focuses on exploding the back hip through the contact point — not a rotation, an explosion. Cue: 'Squash the bug with the back foot.' Finish with full weight transfer and extension. 10 power reps each.	Squash the bug with the back foot — the back heel rotates up as the hip drives through. This is a power position, not a gentle rotation. Cue: 'Squash the bug, drive the hip, explode through the ball.' Full weight transfer to the front foot at finish. 10 max-effort reps.	Batting Tee, Baseballs


#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
10	★ Bat Speed Drill — Rapid Fire Soft Toss	Coach tosses every 5 seconds. Player takes a full, aggressive swing on each rep with minimal reset time. 15+ reps. Forces quick-twitch muscle activation and builds bat speed. No hesitating between reps.	Maximum effort on every swing — no half-speed reps. Quick reset between tosses. This drill builds bat speed through quick-twitch activation. Cue: 'Full effort, fast reset.' No pausing to think about mechanics — pure aggressive swings. 15+ reps minimum.	Baseballs
11	★ Rope Bat — Hip-First Power Sequence	Rope Bat with no ball, 10 reps at full effort. Focus: the hips must initiate every swing before the hands move. If hands come first, the rope will tangle or go slack. Player should feel the rope load up with tension as the hips fire, then snap through. Coach monitors and gives immediate feedback.	Full effort, hips first — every rep. The rope should load up with tension as the hips rotate, then snap at the contact zone. If the hands come first, the rope tangles. Cue: 'Load the rope with your hips.' Give immediate feedback after every rep. No slow swings here — full effort only.	Rope Bat
12	★ Front Toss — Inside/Outside/Up/Down Mix	Coach randomly mixes all four pitch zones with no verbal cue. Player must read and adjust swing path, contact point, and approach every rep. No two consecutive pitches in the same zone. Sharpens rapid pitch recognition and adjustment.	No predictable pattern — every pitch is different, every adjustment is different. This is the most game-realistic hitting drill in the plan. Read the location, adjust the path, execute. Cue: 'React to every pitch differently.' Debrief: did the player identify the zone early? Did the adjustment match?	Baseballs
13	★ Situational Hitting — Runner on 3rd, Less Than 2 Outs	Coach calls the situation before each toss. Player must produce: a fly ball deep enough to score the runner, or a hard grounder to get the run in. Forces intentional, situational swings — not just hacking.	The goal is not a home run — it is a productive out. Fly ball deep enough to score the runner, or hard grounder in the right direction. Cue: 'Score the run — not a home run.' Debrief after each at-bat: did the swing match the situation? A well-executed sacrifice fly is a quality at-bat.	Baseballs
14	★ Opposite Field Drill	Coach front-tosses exclusively to the outside corner. Player stays back, lets the ball travel deep, and drives it to the opposite field. No pulling. Cue: 'Let the ball get to you.' Track how many balls go to the correct field.	Let the ball get to you — do not reach for it. Hands stay inside the ball. Extension goes toward the opposite field gap. Cue: 'Let it travel... stay inside... drive it the other way.' Track the percentage of balls that go to the correct field. A ball pulled on an outside pitch is a failed rep.	Baseballs
15	★ Rope Bat — Full At-Bat Simulation	Rope Bat with live soft toss. Coach calls ball/strike after each toss. Player only swings at strikes — and on each swing, must stay connected (rope taut through contact). Combines plate discipline with the mechanical connection cue. 3-pitch simulated at-bats, track quality contacts.	Plate discipline AND connected mechanics at the same time — the hardest Rope Bat drill yet. Player only swings at strikes. On every swing, the rope must stay taut through contact. If the rope droops, the connection broke down under discipline pressure. Cue: 'Wait for a strike, then stay connected.'	Rope Bat, Baseballs

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
1 6	★ Pressure At-Bat — Full Count, 2 Outs	Two outs, full count, imaginary runner on second. Coach front-tosses. Player must make a quality swing on any strike and take any ball. Debrief after each at-bat: What was the approach? Did you stay back? Did you cheat on the off-speed?	Full count, 2 outs, runner in scoring position. Set the scene. Every pitch is critical. Debrief after each at-bat: what was the approach going in? Did you stay back on off-speed? Did you cheat on anything? The debrief is more important than the swing result — process over outcome.	Baseballs
1 7	★ Personalized Flaw Correction	Coach identifies each player's top remaining mechanical issue and runs 10 focused reps targeting that flaw. Examples: if casting, use a fence drill (swing close to a fence to keep the barrel in); if lunging, use a no-stride drill. Specific and individual.	One flaw, 10 focused reps. Examples: casting → fence drill (swing 6 inches from a fence); lunging → no-stride drill; rolling over → extension towel drill; arm-bar → Rope Bat path drill. Give immediate feedback on each rep. One cue only — more than one cue splits attention.	Baseballs
1 8	★ Front Toss — Bat Speed Competition	Each player takes 10 front-toss swings. Coach evaluates: hard line drive or hard grounder = quality contact. Count quality contacts. Players compete against their own Week 1 benchmark. Improvement is the win — not raw numbers.	Quality contact only: hard line drives or hard grounders. Players compete against their own Week 1 score — improvement is the win, not who has the highest number today. Announce their current streak as they go. Cue: 'Beat your own number.' Individual improvement over group competition.	Baseballs
1 9	★ Rope Bat — Transfer to Regular Bat	3 reps Rope Bat on tee (connected path) → immediately 3 reps regular bat on tee (transfer the feel). Repeat cycle 3 times for 9 total reps each. Goal: the regular bat swings should look identical to the Rope Bat swings. Coach watches for drop-off in connection.	The regular bat swings should look identical to the Rope Bat swings. Watch for the drop-off in connection when switching bats — that gap is the coaching opportunity. Cue: 'Carry the feel over — same path, same connection.' If connection drops, more Rope Bat reps before switching again.	Rope Bat, Batting Tee, Baseballs
2 0	★ Simulated At-Bat — Full Game Speed	Coach front-tosses at full game speed. Player gets a full 3-pitch at-bat — takes called balls, swings at strikes, protects with 2 strikes. No pitch-by-pitch coaching — treat it exactly like a game. Coach debriefs the full at-bat after.	No pitch-by-pitch coaching — treat it exactly like a game. Player makes all decisions independently. Watch the approach, not just the swing result. Debrief after the full at-bat: what was the plan? What did they see? What would they do differently? Self-awareness is the goal.	Baseballs
2 1	★ Season Best Swing — Free Tee Work	No corrections. Players take 10 swings with full freedom. Coaches watch and identify the growth from Week 1 in each player. After the last swing, coach gives one personalized season-ending compliment on their hitting development.	No corrections. Watch for growth from Week 1. After 10 swings, give one specific, genuine compliment about how their swing has evolved. Be precise — 'Your load is so much more consistent than day one' is meaningful. This is their moment to showcase everything they've worked on.	Batting Tee, Baseballs

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
2 2	★ Simulated Game — 2 At-Bats	Player faces a full 2 at-bat simulation (front toss, balls and strikes called). Treat it like a real game: no coaching mid-at-bat. After both at-bats, coach gives a full debrief: approach, pitch recognition, adjustments made.	No coaching mid-at-bat. After both at-bats, full debrief: what was the approach in the first at-bat? Did you make an adjustment in the second at-bat based on what you saw? The adjustment between at-bats is a key 12U skill — teach it deliberately.	Baseballs
2 3	★ Rope Bat — 6-Week Final Assessment	Complete 6-week Rope Bat assessment: 3 dry swings (path), 3 tee reps (contact), 3 soft toss reps (timing and connection). Coach gives each player their personalized final Rope Bat feedback — comparing Week 1 baseline to today. What improved? What to keep working on in the off-season?	Compare today to the Week 1 baseline. What improved most? What is still the primary connection issue? Give each player their personalized Rope Bat summary: one specific improvement, one thing to keep working on in the off-season, and one drill to continue. This feedback stays with them.	Rope Bat, Batting Tee
2 4	★ Clutch Situation — Walk-Off RBI	Bottom of last inning, tying run on third, 2 outs, full count. Coach front-tosses. Player has one swing to drive in the run. Zero pressure on outcome — full pressure on the process: approach, read the pitch, make a decision. Team celebrates every quality at-bat.	Full dramatic setup — bottom of the last, 2 outs, full count, tying run on third. No pressure on outcome; full pressure on process. Debrief every at-bat: what was the approach? Did you stay back? Did you trust the swing? Team celebrates every quality at-bat regardless of result.	Baseballs
2 5	Bat Speed Interval Training	Player takes 5 max-effort swings off the tee, rests 30 seconds, then 5 more. Repeat for 4 sets (20 total swings). Every swing is at absolute maximum effort — this is not a mechanics drill, it is a bat speed drill.	Maximum effort only — no half-speed swings. Bat speed is developed through full-effort repetition, not through slow mechanical drilling. The 30-second rest allows recovery so each set is truly max effort. If swings are losing speed, rest longer rather than lowering effort.	Batting Tee, Baseballs
2 6	Drop Step Load Drill	Player starts in stance. Coach gives a verbal pitch cue. Player takes a drop step back with the back foot (small, subtle weight shift), loads the hands, then attacks the pitch. 10 reps.	The load is a trigger — it starts the timing sequence. Without a load, the swing is passive and weak. The drop step should be subtle (2–3 inches) — not a dramatic step backward. Cue: 'Drop... load... fire.' The sequence must happen before the pitch arrives.	Baseballs
2 7	High Tee Drill	Set the tee as high as it goes — at or above the letters. Player must hit these pitches without uppercutting or pop-flying them. Focus: keep the barrel above the ball at contact, drive the top half. 10 swings at high tee placement only.	High pitches are typically the easiest to pop up. The key: keep the hands above the ball and stay through the pitch. Most players instinctively uppercut high pitches — this drill fights that instinct. Cue: 'Hands above the ball — drive through the top half.'	Batting Tee, Baseballs

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
2 8	The Knee Drill (Ground Ball Focus)	Player kneels on the back knee. Coach front-tosses at moderate speed. Player swings using only the upper body — no leg drive. Focus: staying through the ball and driving it on a line. Isolates the upper body mechanics and arm path.	Without legs, every bit of power comes from the turn and the arm path. Players who have poor bat path or roll over early will expose it immediately. The ball should go on a line — not popped up. Cue: 'Drive through it on a line — no pop-ups.' This drill is an excellent diagnostic tool.	Baseballs
2 9	Pitch Shape Recognition	Coach throws 3 pitch types: fastball, changeup (significant speed reduction), and a soft curveball. Player calls the pitch type before swinging or taking. If they identify correctly and swing at a strike, it counts. 15 pitches total.	Visual cues for each pitch: fastball — little movement, comes straight; changeup — same arm action but slower and drops; curve — tumbles out of the hand with spin. Players who can read spin early can adjust their timing. Cue: 'Call the pitch type before you commit to the swing.'	Baseballs
3 0	Walk-Back Drill (Pull vs. Oppo)	Coach tosses inside pitches and outside pitches alternating. Player must pull the inside pitch and go opposite field on the outside pitch — no exceptions. If the ball goes to the wrong field, the player walks back to the end of the line.	Directional hitting is a decision made before the swing, not during it. The hitter reads location, decides pull or oppo, and commits. Location determines destination. Cue: 'Inside — pull it. Outside — go the other way.' The walk-back consequence creates accountability without negativity.	Baseballs
3 1	Extension Towel Drill	Player holds a small towel in the hitting hand instead of a bat. After each swing motion, the towel should crack or snap at the extension point — directly in front of the body in the contact zone. If no snap, extension is short. 15 reps.	The towel snaps when the arm fully extends through the contact zone. Short extension = no snap = weak contact. Full extension = sharp crack = power. Players can hear and feel the difference immediately. Cue: 'Make it crack at the contact point.'	Hand Towel, Baseballs
3 2	Weight Shift Isolation	Player stands on a balance board or holds a starting position with weight entirely on the back foot. On coach's signal, they shift weight to the front foot and swing. The extreme starting position forces full, deliberate weight transfer. 10 reps.	Weight must transfer from back to front during the swing — staying back on the back foot at contact kills power. Players who chronically stay back will feel the difference in power immediately when weight shifts correctly. Cue: 'Transfer... fire.'	Balance Board, Baseballs
3 3	Compressed Strike Zone Toss	Coach tosses pitches to a very tight zone — only the center third of the strike zone counts as a real pitch. Anything on the corners is called a ball. Player must take the corners and attack the middle. 15 pitches — track discipline.	Hitting your pitch in your zone is the foundation of quality at-bats. Players who expand their zone chase pitcher's pitches. Cue: 'Middle only — take everything else.' Track how often the player expands the zone. Discipline early in counts, protection late.	Baseballs

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
3	Game Film	Show players 5 minutes of a major league hitter's at-bat footage. Before watching, give them 2 things to look for: the load/stride timing and the hip rotation sequence. After watching, discuss what they observed.	Visual learning accelerates development. After the film session, players go to the tee and try to replicate the one thing they noticed most. Abstract concepts become concrete when they see them executed at the highest level. Cue: 'What did you see? Now go do it on the tee.'	Tablet/Phone, Batting Tee, Baseballs
4	Study			

 Station Tip: Substitute any of these drills into a hitting station slot as needed. Rotate 3–4 players through at a time while others continue at standard stations.

14U YOUTH BASEBALL HITTING DRILLS

Focus: Elite bat speed, advanced pitch recognition, and competitive at-bat skills

Station Substitution Guide | Youth Baseball Practice Plans

LEVEL-WIDE COACHING POINTS

- ✓ At 14U, hitters begin to face real velocity and breaking balls — mechanical consistency under pressure is the differentiator.
- ✓ Teach hitters to be hunters, not reactors: have a plan, hunt a pitch, and make adjustments based on what the pitcher shows.
- ✓ Advanced plate discipline: learn to read pitcher tendencies, identify pitch patterns, and use the count as a weapon.
- ✓ Slump management is a real skill — teach players how to simplify, go back to basics, and stay mentally short.
- ✓ Every swing in practice should have a purpose. Mindless repetition does not develop elite hitters — purposeful repetition does.

DRILLS (34 total) — Each drill fits within a single 9-minute station slot

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
1	★ Tee — Attack Angle & Launch Angle	Set tee at belt height. Focus on a slight upward attack angle (matching the typical downward trajectory of a pitch). Cue: 'Get the barrel on the ball's plane and stay through it.' No chopping, no rolling over. Coach watches for consistent ball flight — line drives and slight launch angle, not pop-ups.	Get the barrel on the ball's plane and stay through it — the barrel should match the downward trajectory of an incoming pitch, which means a slight upward attack angle. No chopping (swing going down), no rolling over (forearm turn too early). Watch ball flight: line drives and slight launch angle is the target. Pop-ups mean the barrel went under the ball.	Batting Tee, Baseballs
2	★ Load & Hip Sequence — Pause Drill	Player loads fully (hands back, back hip coiled, weight loaded). Coach pauses them there — holds for 2 seconds, then says 'go.' Forces full load before firing. Common flaw at 14U: partial load leading to weak contact. 10 reps each.	Force the full load — hold them there for 2 seconds before saying 'go.' Common 14U flaw: partial load leading to weak contact. The pause exposes whether the player is truly loading or just going through the motion. Cue: 'Full load — hold it — now fire.' Only fire when the load is complete.	Baseballs
3	★ Rope Bat — Baseline Assessment	Week 1 Rope Bat baseline. Players take 5 dry swings (path and connection feel), then 5 tee reps (staying connected through contact). Coach documents each player's primary issue: casting, arm-bar, rolling over early, or lunging. This becomes the focus for their Rope Bat work over 6 weeks.	Document every player's primary connection issue: casting (rope goes limp before the contact zone), arm-bar (rope goes rigid and locked), rolling over early (rope twists before contact), lunging (rope droops as the weight shifts too far). These notes are referenced at every Rope Bat station for the next 6 weeks.	Rope Bat, Batting Tee

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
4	★ Front Toss — Hard Contact Quality Check	Coach front-tosses at game speed from 15 ft behind an L-screen. Coach tracks: hard line drives and hard grounders = quality contacts. Pop-ups and weak contact = 0. Goal: 7 out of 10 quality. Players track and compete against themselves.	Quality contact means hard line drives and hard grounders only. Pop-ups and weak rollers are 0. Goal: 7 of 10 quality. Players track their own score. Compete against themselves, not each other. Track week over week — improvement is the win. Cue: 'Drive through it — hard contact only.'	L-Screen, Baseballs
5	★ Pitch Zone Mastery — All 4 Corners	Coach calls one of four pitch locations before each toss: in/up, in/down, out/up, out/down. Player adjusts: contact point, hip rotation speed, and extension vary by location. 3 reps at each location = 12 total. Full adjustment required every rep.	Each of the 4 corners requires a different contact point, hip timing, and extension direction. In/up: early contact, hips drive fast, pull it high. In/down: early contact, hips drive fast, pull it low. Out/up: deeper contact, stay back, extend to opposite field high. Out/down: deepest contact, let it travel, drive it the other way low. 3 reps at each.	Baseballs
6	★ Off-Speed Recognition & Weight Transfer	Coach holds ball in toss position, announces 'fastball' or 'off-speed' just before tossing (vary speed accordingly). Player must stay back on off-speed and attack the fastball. Trains weight transfer timing — stay back, then fire.	Stay back on off-speed — do not commit the weight transfer until the pitch is identified. Attack the fastball. The key is weight transfer timing: stay loaded until the pitch type is confirmed, then fire. Cue: 'Stay back... stay back... NOW.' Rushing on off-speed is the most common 14U timing flaw.	Baseballs
7	★ Rope Bat — Location-Specific Connection	Inside pitch tee position: contact out in front, hips fire early, rope stays tight with an early pull-through. Outside pitch tee position: contact deeper, hands stay inside, extension to the opposite field. 5 reps each side. Rope provides immediate feedback on path changes.	Inside tee: contact out in front, early hip rotation, rope stays tight with a pull-through. Outside tee: contact deeper, hands stay inside the ball, extension to the opposite field. 5 reps each. The Rope Bat gives immediate feedback on whether the path matched the location. Limp rope = wrong path for that location.	Rope Bat, Batting Tee, Baseballs
8	★ Advanced Two-Strike Approach	2-strike count every rep. Player chokes up, widens stance, shortens path — but now coach is also throwing to borderline locations. Player must cover the whole plate, foul off tough pitches, and put the ball in play. No strikeouts — find a way to make contact.	Cover the whole plate, foul off tough pitches, and put the ball in play. At 14U, borderline pitches will be called strikes — train for it. Cue: 'No strikeouts — find a way.' A foul ball on a knee-high breaking ball with 2 strikes is a quality execution. Never give an at-bat away.	Baseballs


#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
9	★ Max Effort Tee — Bat Speed Benchmark	Players take 10 max-effort swings off the tee. Coach observes bat speed, hip explosion, and extension. Cue: 'Swing like there are no mechanical thoughts — just attack the ball.' This is the power benchmark. Compare results to Week 1 observation.	Maximum effort — no mechanical thoughts during this drill. Swing like there are no coaching cues — just attack the ball. This is the bat speed benchmark. Observe: hip explosion quality, how quickly the barrel gets through the zone, and extension. Compare to Week 1 observation to measure improvement.	Batting Tee, Baseballs
10	★ Rapid Fire Front Toss — Reaction Speed	Coach tosses every 4–5 seconds at game speed or faster. Player must reset, load, and fire on each rep with no hesitation. 15–20 reps. No thinking — pure reaction and aggression. Builds quick-twitch bat speed and competitive fire.	Pure reaction and aggression — no thinking between reps. Reset fast, load, fire. 4–5 seconds between tosses. 15–20 reps minimum. Cue: 'No hesitation — react and attack.' If mechanics break down, they break down — don't slow the drill for mechanics. This trains the reaction speed that game situations demand.	Baseballs
11	★ Rope Bat — Max Effort Hip Drive	Rope Bat at full effort — no controlled swing. Player focuses solely on maximum hip explosion while keeping the rope taut. Slow rope = slow hips. 10 max-effort reps, rest 30 seconds, 10 more. Coach watches for players whose rope stays tight even at max effort — that is the goal.	Maximum hip explosion — the rope must stay taut even at full effort. Slow rope = slow hips — the Rope Bat never lies. 10 max-effort reps, rest 30 seconds, 10 more. Players whose rope stays tight at max effort have elite bat-to-ball connection. Watch for players who disconnect under maximum effort.	Rope Bat, Baseballs
12	★ Live Toss — All Fields, Compete	Coach front-tosses to all zones at game speed. Player's goal: hit line drives to all three fields based on pitch location. Pull the inside pitch, drive the middle pitch up the middle, take the outside pitch the other way. Track success by field zone.	Pull the inside pitch, drive the middle pitch up the middle, take the outside pitch the other way. Track success by field zone — which zone is the player most successful in? Which is the weakness? This data informs future personalized coaching. Cue: 'Location determines destination.'	Baseballs
13	★ Adjustment At-Bat — See It, Fix It	Player takes 3 toss swings. Coach identifies the primary mechanical issue and gives one cue. Player takes 3 more swings implementing the cue. Coach evaluates improvement. Cycle repeats — can the player make an adjustment mid-at-bat? This is a critical 14U skill.	One cue, 3 swings to implement it. Can the player make a mechanical adjustment mid-at-bat? This is the critical 14U skill that separates hitters who struggle through slumps from those who self-correct. Cue: 'I see it. Here's the fix. Now implement it.' Evaluate the improvement honestly — did it work?	Baseballs

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
1 4	★ Off-Speed to Fastball Transition	Coach throws an off-speed pitch (slow lob), player takes it, then immediately receives a fastball (full-speed front toss). Must stay back on the slow pitch AND be ready to attack the fastball. Trains the ability to stay through pitch sequences.	Stay back on the off-speed — then immediately attack the fastball. The challenge: don't let the slow pitch reset your timing so badly that you're late on the fastball. Cue: 'Take the slow one... now attack the fast one.' This trains the timing adjustment between pitch types that real at-bats demand.	Baseballs
1 5	★ Rope Bat — Game Pressure Transfer	3 Rope Bat tee reps (stay connected), then immediately 3 regular bat front-toss reps at full speed. Alternate cycles 3 times. The question: can you keep the Rope Bat feel under game-speed pressure? Coach watches for mechanical breakdown when the speed increases.	Can the Rope Bat feel survive game-speed pressure? That is the question. Watch for mechanical breakdown when switching from tee to front toss — the hands often come away from the body under speed pressure. Cue: 'Keep the Rope Bat feel even with the real bat at full speed.' Note the specific breakdown point.	Rope Bat, Batting Tee, Baseballs
1 6	★ Full Game At-Bat — No Coaching	Full simulated at-bat at game speed. Coach calls balls and strikes. No coaching during the at-bat — player must make all decisions independently. Debrief after: what was the plan? Did you execute it? What would you change? Builds self-coaching ability.	No coaching during the at-bat — the player is on their own. Coach calls balls and strikes only. After the at-bat, debrief: what was the plan? Did you execute it? What would you change? Self-coaching ability is the highest hitting skill — it means the player can fix themselves without a coach present.	Baseballs
1 7	★ Individualized Mechanical Refinement	Coach focuses on the single most important remaining flaw for each player. Runs 10 targeted reps designed to correct that specific issue. Examples: fence drill for casting, no-stride drill for lunging, top-hand drill for rolling over. Documented from Week 1 baseline.	One flaw, 10 targeted reps. Use the drill specifically designed to correct that flaw — documented from Week 1 baseline. Examples: casting → fence drill; lunging → no-stride drill; rolling over → top-hand drill; arm-bar → Rope Bat path drill. Evaluate improvement after 10 reps. Did the flaw decrease?	Baseballs
1 8	★ Pitch Sequence Simulation	Coach mimics a real at-bat pitch sequence: fastball away (take), fastball in (foul off), off-speed low (take for ball), fastball middle (attack). Player must react correctly to each pitch type and location. Trains the ability to process a real pitcher's approach.	React correctly to each pitch in the sequence: take the fastball away, foul off the inside fastball, lay off the low off-speed, attack the middle fastball. Debrief: did the player process the sequence correctly? Did they sit on a pitch? Teach them to think like a pitcher — patterns repeat.	Baseballs

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
1 9	★ Rope Bat — Full Competition	Rope Bat soft toss at game speed. Players compete to get 6 consecutive connected contacts (rope taut through contact on 6 in a row). If the rope droops or goes slack, the streak resets. Coach counts aloud. First player to 6 wins the round. Competitive mechanic reinforcement.	6 consecutive connected contacts with the rope taut — the streak resets if the rope droops. Count aloud to build competitive tension. First player to 6 wins the round. The competition drives focus and makes mechanical compliance automatic. Cue: 'Stay connected — don't break the streak.'	Rope Bat, Baseballs
2 0	★ Clutch Hitting — High Leverage Situations	Coach creates high-leverage scenarios: down one run, runner on second, 2 outs; or bases loaded, 1 out, need a sac fly. Player must execute the specific required at-bat outcome. Debrief: did the player have a plan before stepping in? Did they execute it?	Set the specific scenario before each at-bat. Player must verbalize their plan: 'I'm looking for a pitch I can drive to right field to score the run.' Did they have a plan before stepping in? Did they execute it? Outcome is secondary — plan and execution are the metrics. Debrief every at-bat.	Baseballs
2 1	★ Season Best Tee — Showcase Swing	No corrections. 10 free swings. This is the final showcase of everything developed over 6 weeks. Coach watches silently, then gives one final, specific positive observation about how the player's swing has evolved since Week 1.	Watch silently — no corrections during this drill. After 10 swings, give one final, specific positive observation: 'Your hip explosion is completely different from day one — you have a real power swing now.' The specificity of the praise tells the player you were watching all season and their work paid off.	Batting Tee, Baseballs
2 2	★ Full Game At-Bat Series — 3 At-Bats	Three full simulated at-bats at game speed. Coach calls balls and strikes strictly. Player must execute their approach: take a ball, foul off tough pitches, attack mistakes. After all 3, coach gives a final hitting evaluation — what defines this player as a hitter right now.	3 at-bats, strictly called. Player must execute the approach: take a ball, foul off tough pitches, attack mistakes. After all 3, give the final hitting evaluation: what defines this player as a hitter right now? What is their signature strength? This evaluation is their identity as a hitter going forward.	Baseballs
2 3	★ Rope Bat — 6-Week Final Evaluation	Complete 6-week Rope Bat assessment: 3 dry swings (path), 3 tee reps (connected contact), 3 soft toss reps at game speed (timing + connection). Coach delivers the final personalized Rope Bat summary for each player: biggest improvement, primary remaining issue, and one specific drill to continue in the off-season.	Final personalized Rope Bat summary for each player: biggest improvement (be specific), primary remaining issue (be honest), and one specific drill to continue in the off-season. This summary is their off-season work plan. A player who knows exactly what to work on will come back better.	Rope Bat, Batting Tee

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
2 4	★ Walk-Off Scenario — Season Finale	Bases loaded, bottom of the last inning, team down one, 2 outs, full count. One swing. No coaching, no adjustments — just compete. Team celebrates every quality at-bat regardless of result. Coaches debrief the approach only — outcome is irrelevant. How you handle the moment is everything.	No coaching, no adjustments — just compete. Bases loaded, down one, 2 outs, full count. One swing. Team celebrates every quality at-bat regardless of result. Coaches debrief only the approach: what was the plan? Did you trust it? How you handle the moment is everything — outcome is irrelevant.	Baseballs
2 5	Overload/ Underload Bat Training	Player takes 5 swings with a heavier bat (overload — typically 20% heavier than game bat), then 5 swings with a lighter bat (underload — 20% lighter), then 5 swings with their game bat. Repeat 2 cycles.	Overload builds strength, underload trains fast-twitch speed, game bat feels like a feather after both. Never use overload bats for more than 5 consecutive swings — fatigue defeats the purpose. The game bat set should feel effortless after the overload/underload cycle. Track bat speed perception.	Overload Bat, Underload Bat, Baseballs
2 6	High Velocity Front Toss	Coach front-tosses from behind a screen at maximum realistic speed from 12–15 ft. Player must react and swing. No location telegraphing. Simulates the reaction time of facing a pitcher throwing 65–75 mph.	At 14U, reaction time is often the limiting factor — not mechanics. Training at above-game-speed tosses improves the ability to process and react to real game pitching. Cue: 'React — don't think.' Mechanics may break down at this speed — that is expected and acceptable. Pure reaction training.	L-Screen, Baseballs
2 7	Pitch Sequencing Recognition	Coach calls a count, then throws a 3-pitch sequence matching a real pitcher's tendencies. Player must recognize each pitch and make the correct swing or take decision. Debrief after each sequence.	Elite hitters anticipate pitch sequences — they don't react to individual pitches. After seeing a fastball away, what typically comes next? Teach pattern recognition: pitchers repeat sequences under pressure. Cue: 'Think one pitch ahead.' Debrief: did the player anticipate correctly? Were they set up?	Baseballs
2 8	The Opposite Field Power Drill	Tee set at the back of the strike zone (deep contact point). Player focuses exclusively on driving the ball to the opposite field with power — not just slapping it. The contact point is deep, the hands stay inside the ball. 12 reps.	Going oppo with power is one of the hardest skills in hitting. Stay back longer, keep hands inside, and fully extend toward the opposite field gap. Cue: 'Hands inside... extension to the gap.' A line drive to the opposite field gap is a sign of elite bat control. Track how many reach the opposite field.	Batting Tee, Baseballs

#	Drill Name	Setup & Execution	Key Coaching Cues	Equipment
2 9	Two-Strike Survival Mode	Every rep starts with a 2-strike count. Coach throws full-speed front toss to borderline locations. Player must foul off tough pitches and put quality contact on anything they can drive. 5 full at-bats.	The best 14U hitters are the best two-strike hitters. Choke up 1 inch, expand the zone by 2 inches on all sides, shorten the swing, and compete. Never give an at-bat away — make the pitcher get you out. Cue: 'Fight every pitch — find a way.' A 10-pitch at-bat with 2 strikes is elite.	Baseballs
3 0	Launch Angle Tee Work	Set the tee at 3 different heights: thighs, belt, and letters. For each height, player aims to hit the ball at the optimal launch angle — roughly 10–15 degrees upward. Use video or watch the ball flight to assess. 5 swings at each height.	Launch angle is the angle the ball leaves the bat. Too low = ground ball. Too high = pop-up. 10–15 degrees = line drive or hard fly ball. For each tee height the ideal swing path is slightly different. Use video to measure ball flight angle — visual feedback accelerates learning.	Tablet/Phone, Batting Tee, Baseballs
3 1	Freeze Drill — Off-Speed Recognition	Coach throws a mix of fastball (full speed front toss) and off-speed (slow lob). Player must freeze on all off-speed pitches — no swing, no flinch. On fastballs, swing aggressively. Goal: 5 correct consecutive decisions.	Staying back on off-speed is the single hardest skill in hitting. The key: do not commit the weight transfer until the pitch is identified. Train the back leg to stay loaded until the pitch is read. Cue: 'Back leg loaded... stay... NOW' on fastballs. Freeze completely on off-speed.	Baseballs
3 2	Competitive Batting Practice — Point System	Each player faces 10 front-toss reps. Assign points: line drive = 3 pts, hard grounder = 2 pts, fly ball = 1 pt, strikeout or weak contact = 0. Track scores and announce a winner each round.	Competition in practice transfers to competition in games. A point system forces hitters to be intentional — they learn what types of contact are most valuable. Line drives win games. Cue: 'Hunt line drives — they're worth the most.' Track and announce scores after every round.	Baseballs
3 3	Full At-Bat Debrief Drill	Player faces a 5-pitch simulated at-bat. After the at-bat, player gives a 60-second debrief: My plan was X. I saw Y. I adjusted by doing Z. My quality at-bat rating is ___/10. Coach responds last.	Self-awareness is the trait that separates good hitters from great ones. A player who can accurately evaluate their own at-bat is already self-coaching. Coach responds last — let the player's assessment guide the conversation. Cue: 'What was the plan? What did you see? What would you change?'	Baseballs
3 4	Situational Pressure At-Bat	Coach creates a specific high-leverage scenario before each at-bat: Two outs, bases loaded, down two runs, full count. Player must verbalize their plan before stepping in. Execute the at-bat. Debrief: did you stick to the plan under pressure?	Verbalize the plan before every at-bat in this drill. Pressure reveals whether a player has internalized their approach or is just executing drills. A hitter with no plan reverts to mechanical thoughts under pressure. A hitter with a clear plan competes. Cue: 'Tell me your plan — then go execute it.'	Baseballs

 Station Tip: Substitute any of these drills into a hitting station slot as needed. Rotate 3–4 players through at a time while others continue at standard stations.