

Olentangy Baseball Club



Hitting Stations



<i>Dropping Hands</i>		<i>2 Strike Approach</i>	<i>Pulling Front Side</i>
1. High Tee	7. Krato Weight	1. Low Outside Tee	1. Low Outside Tee
2. Tennis Ball Drop	8. Belt up BP	2. High Tee	2. Step Through
3. Pop toss from side	9. One Knee	3. Chaos Drill	3. Pop Toss from side
4. Connection Ball		4. Pop Toss from Side	4. Connection Ball
5. Short Bat		5. Off Centered BP	5. Off Centered BP
6. Fungo		6. No Stride	6. Fungo
<i>Swing Plane</i>		<i>Rolling Over/ Connection</i>	<i>Pitch Recognition</i>
1. Low Outside Tee	7. Krato Weight	1. Extension Drill	1. Off Speed Recognition BP
2. High Tee		2. Attack Angle	2. Chaos Drill
3. Med Ball		3. Swing Back	3. Pump Fake Drill
4. Extension Drill		4. Step Through	
5. Attack Angle		5. Swing Back Step Through	
6. Driveline (Underload)		6. Connection Ball	
<i>Long Swing</i>		<i>Balance/Out on Front Side</i>	<i>Using Lower Half</i>
1. Tennis Ball Drop		1. Med Ball	1. 90 Degree
2. Attack Angle		2. Swing Back	2. 45 Degree
3. Pop Toss from Side		3. Step Through	3. Flamingo
4. Driveline (Underload)		4. SBST	4. Step Behind
		5. Rapid Fire Toss	5. Med Ball
		6. Rocker Swing	6. One Knee
		7. Pump Fake Drill	7. Rapid Fire Toss
		8. Jump off Platform	8. Jump off Platform
		9. Foot plant from above	9. Foot plant from above
		10. No Stride	