



**FELLOWSHIP OF
CHRISTIAN ATHLETES
BASEBALL**

From the Dugout



I have been asked this multiple times.....what is the best way to take batting practice?

I teach routine and progression. Routine, because the swing must be automatic. We must be able to duplicate the correct mechanics of the swing over and over. To do this, professional hitters take a ton of swings. They all have their favorite drills. And there are so many drills for hitting it can make your head spin. And progression, because the mechanics of the swing has so many moving parts. And if you don't master one part of the swing, the rest of the swing can get out of whack. So we teach mechanics in a way that if a hitter hasn't conquered one part, we won't move on until he does.

Here is a look at our warm up routine progression.

Routine Progression

A. Messiah Warm up:

- Short bat soft toss and 5 swings each – Top hand/bottom hand/both hands
 - Knob of bat to hand held ball – 5 times
- Regular bat soft toss for 5 swings
- Tee – with regular bat.
 - Tee is placed in an arc so that contact points allow ball travel to be hit on a line drive over 1B, 2B, P, SS and 3B – 2 swings each.
 - 5 points horizontal (arc) and 3 points vertical.
 - Horizontal in the arc and Vertical using high and low tees.
- Front toss 2 swings to each arc point with regular bat (pitcher tries to hit the 8 contact points).
- After completed, now you are ready to move on.

B. Working:

- You then take 8 to 12 swings (can do 1 or more sets) working on the point of the day
 - For example – if we have a teaching point of the “Load”, then the hitter will take cuts only focused on his load.
 - We also have a large mirror on the field. Hitters must look at their swing in the mirror to see if they are mastering the point taught.
- After you feel confident that you understand (understand not have perfected) the working point of the day, review and take swings concentrating on any other working points you need to get better with.
- After completed, now you are ready to move on.

C. Situational:

- MASH swings. You are only looking for a pitch, in a Hitter's count, that you can MASH. This is called **NEVER LATE**. Pitcher tries to groove pitch.
- 2 STRIKES swings. You make a 2-strike adjustment. It is suggested that you move **up** in the Batter's box and **in** towards the plate. You must swing at pitches **3 IN and 6 OUT** – especially if they are belly button to knee high. This takes DISCIPLINE! Pitcher tries to stay out of the middle of the plate and can spin curveballs.

You should focus on going back side and hit the top or middle part of the baseball. This is called **NEVER LATE, NEVER UNDER**.

Note – during thrown BP, pitchers will mix in “Softy Balls” to throw at and hit the batter. Hitters should work on proper getting HBP mechanics and don't dive out of way.

May our Awesome God bless you for your dedication and commitment to your teams.

- ***Pat Lightle, Player Development, NOVA/DC FCA Baseball***