

Butch Chaffin, Cookeville High School (TN)

Hitting: Using Verbal Cues to Fix Flaws

Butch Chaffin had a presentation on hitting. He started with his philosophies, then cues you could use depending on the hitter then went into specific drills.

Philosophy- general overview of what to look for in a swing

1. Heels wider than toes/tilt in chest towards the plate
2. Load with connected legs/Legs move hands
3. Violent launch working slightly up hill
4. Front eye in the zone
5. Strong at contact and push through
6. Check the bottom wrist grip

Verbal cues- different cues for different players

1. Heels wider than toes
2. Front eye in the zone
3. Calm the head
4. Be easy
5. Stay in your legs
6. Strongest at contact
7. Be about the barrel
8. Look out front

Favourite hitting drills- Chaffin listed a number of different drills to improve time spent on hitting and to move away from t and flip drills into more game like hitting situations.

1. Ball in motion
2. Downward plane drill- get up higher from the bp pitcher to throw downhill
3. High machine- set pitches for high in the zone
4. Low machine- set pitches for low in the zone
5. Velo- regular depth, walk up a couple of steps, go back- keep velo the same
6. Feet on floor bp- can't lift you feet off the ground
7. Cage offense- have a plan
Round 1- Sac bunt, drag bunt, push, move em, hit and run
Round 2- fake bunt, safety squeeze, squeeze, 0-2, 2-0