

## Casey Dunn- Progression drills for power

@coachcaseySU – twitter account



## Be able to score in 2 swings

### Drills

- Bag drills (swings into a punching bag)- stride to balance, strong at contact, bat flat at contact, slight pause after stride, make them bounce to feel centered, pre set hips, tension on back side, keep front shoulder closed, back elbow deep to side,



- Pause rhythm drills- head centered



#### T drills-

- directional contact, move T, ball in, middle, out
- Pause on stride, hold the finish
- 3 tap- tap foot three times before driving through the ball, work on controlling your lower half
- 3 check- do 2 check swings to the tee, release the swing on the 3<sup>rd</sup>



#### Soft toss drills

- 45 degree angle from hitter, hitter keeps head back, hips, drives ball straight ahead
- Toss at back hip, have hitter hold the finish
- Freeze- hold hitting position, heel goes down, let it go, explode the hips
- Hard/soft- changing the speed of the toss
  
- Front toss- from screen, close (12 feet)
- Aim- away, middle, in
  
- Short toss, coach on a bucket, throwing overhand