





## Activity Plan for Baseball Batting Practice



Week 1			
Activity	How many or how long	How many days	Instructions
Batting practice 	10 mins/day	3 days/wk	<p>Practice how you hold a baseball bat and how you swing. When you hold the bat, be sure that you use the best grip. Hold the bat with your fingers, not the palm of your hand. To get the best grip, have someone else hold the bat out towards you with the end you hold closest to you (as if they are handing the bat to you). Reach for the bat with your left hand (as if you were shaking someone's hand). After you put your left hand around the bat, put your right hand around it as well. Your right hand should be touching your left hand but just above it on the bat. You should feel like you can completely control the movement of the bat with your hands. If it feels hard to keep the bat the right way up (the end that you are not holding above the end you are holding), try a smaller bat or move both hands a little higher up the bat (but make sure you keep both hands together).</p> <p>When your grip is comfortable, practice swinging the bat. Don't worry about using a ball, just imagine a ball to hit.</p>
Week 2			
Activity	How many or how long	How many days	Instructions
Batting practice	5 mins/day	3 days/wk	<p>Practice swinging your bat again. Don't worry about using a ball, just imagine a ball to hit. Things to think about while you are practicing are:</p> <ul style="list-style-type: none"> <li>• Keep both hands together on the bat, right hand above the left hand</li> <li>• Have the bat above and behind your right shoulder before you start swinging</li> <li>• Swing the bat suddenly and sharply, so that gets moving as fast as possible</li> <li>• Hold on to the bat as you swing (don't let it fly out of your hands)</li> </ul> 

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Batting practice	10 mins/day	3 days/wk	Practice hitting a ball off of a tee. If you don't have a real tee, you can make one by putting a roll of paper towel on a chair or a garbage can. Use books under the roll of paper towel to get the ball on top to the right height. Remember, to face the tee and keep looking at the ball when you swing (don't look at where the ball is going).
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Week 3			
Activity	How many or how long	How many days	Instructions
Batting practice 	5 mins/day	3 days/wk	Practice how you hold a baseball bat and how you swing. Remember to hold the bat with your fingers and keep your hands together. This week when you practice swinging the bat, think about the position of your body before you start to swing. Imagine where the pitcher is standing. To get ready to swing you want to be sideways to the pitcher. Stand so that the toes on both feet are pointing at home plate. When you think you are standing in the right place, have someone hold the bat so that it is on top of both feet and against the shins of both legs. If your feet are in the right position, the bat will be pointing directly at the pitcher when it is touching both of your shins. When you are practicing your swing, don't worry about using a ball, just imagine a ball to hit.
Batting practice 	10 mins/day	3 days/wk	This week, practice hitting a ball off of a tee again or try to hit a ball that is gently tossed to you if you can find a partner to do the pitching. Remember, to keep your body facing the tee (or sideways to the pitcher) before you start your swing. This week while you are hitting, see if you can hit the ball up in the air. To hit the ball up in the air (like a fly ball), the bat should hit the ball on the bottom half of the ball.

## Activity Plan for Baseball Batting Practice

Week 4			
Activity	How many or how long	How many days	Instructions
Batting practice 	10 mins/day	3 days/wk	Practice batting again this week but this time have a ball to hit. You can put the ball on top of a stand (e.g., on top of a garbage can) or you can have someone throw the ball for you. If someone is throwing, make sure that they can throw well. You don't want to practice hitting balls that are thrown too high or too low (i.e., outside the strike zone). For fun, count how many balls you hit. Remember, professional baseball players usually only get one hit each game and they get 3 strikes for each time they get out. That means, even the pro's only hit about 1 pitch out of 12 tries. If you can hit one pitch out of 20 tries, you're over halfway to being a pro!
Batting practice 	10 mins/day	3 days/wk	This week while you are hitting, see if you can hit the ball towards left 'field'. To hit the ball towards left field, stand beside the tee so that if you put the bat down across the toes of both of your feet the bat would point towards left field. When you are standing the correct way, your left foot will be slightly further from the tee than the right foot. See if you can hit the ball towards right field. To hit the ball towards right field, stand beside the tee so that if you put the bat down across the toes of both of your feet the bat would point towards right field. When you are standing the correct way, your left foot will be slightly in front of the right foot.