

The Power Bat Drill

The purpose of the Power Bat Drill for a baseball player is much the same as a boxer using a heavy bag to train with. Boxers learn how to develop power in their punch by trying to power through the heavy bag. Baseball players learn to develop power in their swing by hitting through a heavier object than a normal baseball. The result is the same for both athletes... increased power through the point of contact!

- What you will need:
 - A batting tee
 - A plunger
 - A flat soccer ball or basketball
 - A hitting net (or wall)
 - A bat
- How the drill works:
 - Slide the plunger handle into the batting tee.
 - Place the flat soccer ball or basketball onto the plunger cup top.
 - Execute your normal swing repeatedly.

The goal is for the hitter to strike the much heavier ball without having the bat decelerate at the impact point. This takes proper technique and explosion at the point of impact to achieve. What you will see is that with the first few swings, the barrel of the bat will "stutter" through the impact zone, meaning that it will decelerate at the point of impact for a fraction of a second before resuming its speed to the finishing position. Concentrate on the proper mechanics, not with launching the ball. Proper mechanics will accelerate the bat head sufficiently to power through the heavier ball. The flight path of the ball should be level (around chest high) into the hitting net (or wall). Power is all about bat speed at impact, not the size of the player. This drill will increase the power at impact if it is used on a regular basis. Remember to always use a flat ball for this drill. For the younger kids you can use the smaller sized soccer balls. They are much lighter than a normal size basketball or soccer ball.