

BRUWIN ACADEMY

“Let’s Bring Out the Champion In You!”

SUE ENQUIST

FORMER UCLA HEAD SOFTBALL COACH-27YRS.

HITTING SYSTEM GOALS

“Hear It, See it, Feel it!”

1. Coaches & players have a clear understanding of what all good hitters do. (RVP IP 300).
2. Coaches & players have a common language. VERBAL. (RVP IP 300).
3. Coaches & players have a hitter’s book. Instruction and journal. WRITTEN.
4. Coaches & players have SEEN what good swings look like. VISUAL. (RVP IP 300).
5. Players have seen what their GOOD swings look like. (Their own copy).
6. Players understand what they are working on and the drills which apply.
7. Players must “feel” the correct moves in order to accomplish the correct mechanics.
8. Players have a MENTAL training program
9. Players have mental imagery program. (Visualization).
10. Player have game day mental toughness program. (red, yellow, green lights).
11. Players have a feedback and journal system within team.
12. Coaches have created a practice and game day hitting drill progression.
13. Coaches break down each part of their season and practice accordingly.

HITTING DRILL PROGRESSION-Into sock nets or open field

1. **T work on one knee (upper body)**
 - a. One arms on knee
 - b. Both arms on knee
 - c. Knuckle
 - d. Spongy Ball

2. **T work standing-(upper and lower body. Putting the swing together)**
 - a. One arms standing
 - b. Both arms standing
 - c. Knuckle
 - d. Spongy Ball
 - e. Partner Front Arm
 - f. Walk up drill

3. **Partner Toss or Batting Practice with Pitcher**
 - a. Side Toss with Partner- Timing & Rhythm. All strikes
 - b. Modified BP (at 30')-Fast balls-Timing & Rhythm. All strikes
 - c. Fastball BP (regulation distance)-Timing & Rhythm. All strikes
 - d. Game BP (mixed pitches: fast, slow, in, out, up, down)-Timing & Rhythm. All strikes.
 - e. Game BP (mixed pitches: fast, slow, in, out, up, down)-Timing/Rhythm.
Swing at specific zones
 - f. Game Situation (counts, off. strategy).Timing, Rhythm. Ball in and out of zone. Strike recognition

4. **Strength and Speed Drills** (hands, arms, legs, torso, back, butt).
 - a. Wrist/Forearm Drills-(needed if hitter is late).

5. **Individual Player Assessment Checklist.** (see attached)

6. **Common Problems and Solutions:** (see attached)
 - a. Drills to help their weaknesses (Coach designate drills to fit player's weaknesses).

7. **Vision and tracking drills**
 - a. One handed bunts with right hand (right handed hitter).
 - b. Stand Ins-Stand in station-track spin and call it out.

8. **Mental training and feedback system (green, yellow, red lights).**

Hitting System Implemented Throughout The Season

1. Pre Season

- a. Swing assessment.
- b. High volume individual drills.
- c. Focus on swing improvements.

2. In Season

- a. High volume live swings & situational hitting (machine or live).
- b. High accountability to make adjustments in the count
 - i. Ahead in count.
 - ii. Behind in count.
- c. Awareness when not confident. Plan B mentality (drag bunting).
- d. Focus on situational hitting and execution. (hit and run, short game).
- e. Mental Toughness Management. (How does she handle failure).

3. Post Season

- a. Documenting how good you are
- b. Focus on the positives
- c. Celebrate the intensity of this part of the season