



# **CORNERSTONE**

---

coaching academy

## **Corrections**

The first aspect of the swing that should be corrected is to keep the eye level the same from foot plant through the swing. Correcting this might also help with the hand positioning at foot plant.

To correct the eye level, either make that the sole point of emphasis during the swing, or change your stance to the eye level of your hitting position (1:33). The second option might be a bit more realistic since you have a very solid foundation in hitting position.

The height of the hands needs to be addressed at hitting position as well. First see if correcting the eye level will help with the height of the hands. The hands should be slightly back from the rear shoulder, between the shoulder and back elbow.

You do start the swing with the lower half, but keeping the upper half closed (in line with the pitcher) a bit longer will help you generate more power and explosiveness with your swing, and ultimately more bat speed.

## **Drills**

### **Stance, Stride, Load, Separate**

*Purpose:* To learn to get in proper hitting position, and to learn to initiate the swing with the lower half.

*Procedure:*

- 1.) Have the player get in their regular batting stance (you may adjust your stance to be at the height of your hitting position)
- 2.) Coach says "Stride"
- 3.) Hitter will stride and load their body
- 4.) Coach checks hitting position

- 5.) Coach says "separate"
- 6.) Player keeps upper body still while turning lower body
- 7.) No swing, just work on separation

*Teaching Cues:*

- 1.) Head stays still and on the same plane
- 2.) Hands go slightly up and back (focus on controlling the height of the hands)
- 3.) Keep the upper half closed as the lower half rotates slowly
- 4.) Work to build speed with the lower half while still keeping upper half closed

### **1-2-3 Fire**

*Purpose:* Adding the swing to the Stride, Load, Separate sequence. This drill teaches hitters to swing with their mid-sections.

*Procedure:*

- 1.) The coach says "one." On this cue, the hitter will get in his stance.
- 2.) The coach says "two." On this cue, the hitter will stride and load.
- 3.) The coach says "three." On this cue, the hitter will begin the swing with the lower half, keeping the upper half still and closed
- 5.) The coach says "fire!" On this cue, the hitter will fire their mid section to swing and hit the ball off the tee

*Teaching Cues:*

- 1.) Watch eye level from stride and load phase to separate and swing phases
- 2.) Emphasize the separation between the upper and lower half on "three"
- 3.) Do not move the upper half on "three."
- 4.) Emphasize swinging the bat with the core, and not the arms
- 5.) Because we are stopping the momentum of the swing in different positions, you will not be able to generate as much bat speed in this drill as you would

### **Hit/Take Drill**

*Purpose:* To develop the proper hitting position, control the eye level, and get the hands in to a proper position on foot strike

*Procedure:*

- 1.) Set up a tee down the middle and a net to hit into
- 2.) The hitter assumes their normal stance
- 3.) The hitter begins their normal loading sequence
- 4.) When the coach or partner sees the hitter make their first movement (stride and load) they will say either "hit" or "take."
- 5.) If the coach says "hit," the hitter hits the ball off the tee.
- 6.) If the coach says "take," the hitter simulates taking a pitch by stopping in hitting position

*Teaching Cues:*

- 1.) The hitter should freeze in a good hitting position when the coach says “take.”
- 2.) If there is any movement toward the pitch on “take,” it should be with the player’s lower half. Their upper half should stay closed.
- 3.) If they are unable to hold their hitting position on “take,” it may be a good idea to back up to the “Stance, Stride, Separate” drill.
- 4.) Pay close attention to the eye level and positioning of the hands on both “hit” and “take”

To help with creating more separation, you might want to add yoga as a part of your conditioning program. Some players are limited physically by their midsection flexibility and are unable create a great deal of separation because of it. Adding yoga will help increase your midsection flexibility.

If you have any questions as you try to make these corrections, please contact me at [kyle@cornerstonecoachingacademy.com](mailto:kyle@cornerstonecoachingacademy.com)

Good luck!

Coach Nelson  
Owner and Founder  
Cornerstone Coaching Academy