

DETROIT
ROOTS



TOP HAND/BOTTOM HAND DRILL



PURPOSE: To promote a short, quick swing.

DRILL SETUP:

- Player stands at plate or in front of net.
- Use a shorter, lighter bat for this drill.

HOW IT WORKS:

- Hitter begins by holding the bat with their bottom hand (front arm) and puts their top hand (back arm) flat against their chest.
- Start in your normal stance and take a normal load & stride towards the tee.
- Swing the bat one handed and hit the ball.
- After several swings, switch to holding the bat with top hand (back arm) and put bottom hand on chest.
- Like the bottom hand portion, take a normal load & stride towards the tee and hit the ball with only your top hand on the bat.
- Finish by taking a few swings with both hands holding the bat.

COACHING TIPS:

- Hitter must keep their hand inside the ball and the barrel inside the ball on all swings.
- When using front arm, hitter should bring the back of their hand toward the ball so the barrel stays up. When using the back arm, they should bring their palm toward the ball so the barrel stays up.
- Hitter should whip the barrel through the ball ... bat should be on same plane as ball.
- On bottom-hand, backhand-swing, hitter should finish through the ball. On top-hand swing, hitter must guard against "rolling over" on the ball.