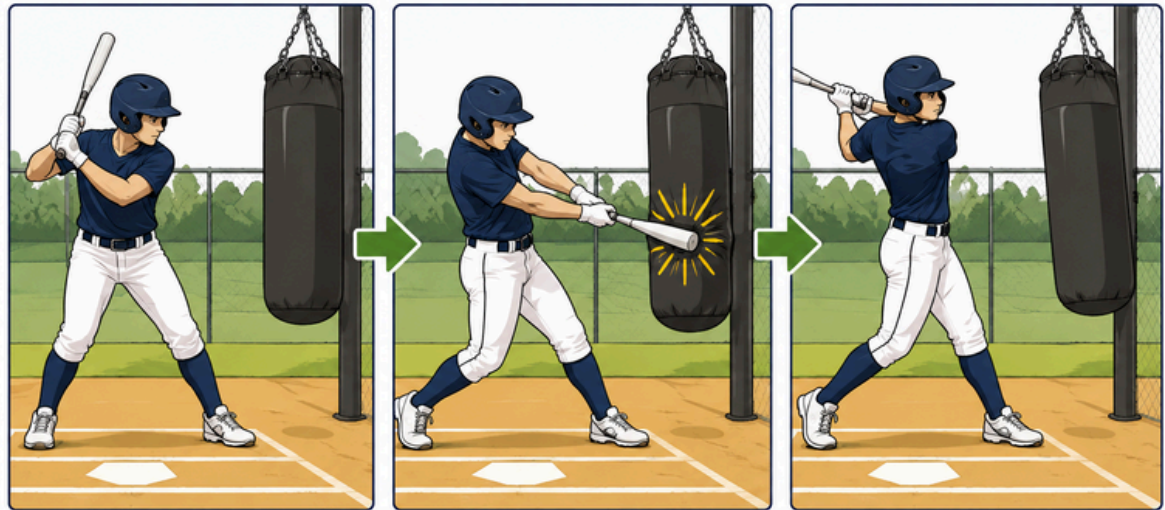




BAG HITTING DRILL

PURPOSE

The Bag Drill helps hitters develop proper contact position, hand placement, and swing mechanics without worrying about a moving ball. By striking a heavy bag instead of a baseball, players can focus entirely on body position at contact and learn what a strong, powerful hitting position feels like.



SETUP

- Secure a heavy punching bag, tackling dummy, or similar padded object to a fence or pole.
- Position the bag at approximately the hitter's strike zone height.
- The hitter assumes a normal batting stance facing the bag.
- Use tape or markers to identify high, middle, and low pitch locations if desired.

INSTRUCTIONS

1. The hitter begins in a normal batting stance.
2. Perform the normal hitting sequence: load, stride, rotate, and swing.
3. Make controlled contact by driving the bat into the bag.
4. Focus on reaching a strong contact position rather than swinging with maximum effort.
5. Practice different pitch locations:
 - Middle Pitch: Contact is made even with the front foot.
 - Outside Pitch: Move slightly forward so contact occurs deeper in the hitting zone.
 - Inside Pitch: Move slightly backward so contact occurs farther out front.
6. Work high, middle, and low pitch locations by adjusting the hands while maintaining the same posture and stride.
7. Complete 5-10 repetitions for each pitch location.

COACHING TIPS

- Focus on reaching a strong contact position rather than hitting the bag hard.
- Keep the hands inside the ball and avoid casting the bat.
- The bottom hand should be palm down and the top hand palm up at contact.
- Maintain good balance throughout the swing.
- Let pitch location determine contact point—not your stance.
- Emphasize short, direct swings to the contact zone.