

Hitting From the Ground Up

Overview

Hitting From the Ground Up explores the mechanics required to become a consistent hitter. This presentation teaches the swing from the ground up while demonstrating and explaining a progression of drills that help hitters build, reinforce, and maintain the mechanics necessary for a consistent approach at the plate.

The mechanics and mindset of a hitter form the foundation of an offensive plan. In my program, they are the cornerstone of the Picket Fence Offense, which I will discuss in greater detail during the second presentation later this morning.

"Great hitters aren't born—they're built through sound mechanics, disciplined repetition, and a relentless competitive mindset."

"Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win." — Sun Tzu

1. The Source of Bat Speed and Power

- The Ground
- Athletic stance
- The Athletic Triangle
- Open, Closed, and Square stances
- Knees inside the feet
- Staying stacked
- The triggering mechanism

2. The Coil, Launch Position, and Attack Position

- Closed toe
- Short stride
- No-stride approach
- Heel down
- Knee cock
- Scap load
- Creating stored energy
- The sequence:
 - Load
 - Coil
 - Launch
 - Attack Position
- Common flaws:
 - Back not reverse
 - Wrap
 - Arm bar
 - Hand position

3. The Big Muscles

- 4 types of hitters
- Hips before hands
- One heel at a time
- Linear movement
- Rotational movement
- Heel to the sky
- Back knee to the camera
- Back hip
- Firm backside
- Firm front side
- Front side passive, backside active

4. The Route and the Finish

- Proper grip
- Hands inside the baseball
- Punch Gazoo
- Palm up/Palm down
- Ike to Mike
- Staying connected
- No Peek Drill
- Short to it, long through it
- The Kitchen Table Drill
- Two-arm finish
- One-arm finish

5. Mechanical Checklist

- Heel to the sky
- Back knee to the camera
- Power V
- Back hip
- Firm backside
- Firm front side
- Staying connected
- Balanced finish

6. The X Factor

The difference between good hitters and great hitters is rarely talent alone. It is their commitment to mastering the fundamentals through disciplined repetition and unwavering confidence.

- front shoulder to back foot
- back shoulder to front foot

7. Tee Drills: Creating Backspin

- Seven-Step Warm-Up
- Walk-Up Drill
- Stretch Drill
- Lead-Hand Route
- Top-Hand Route
- Long, Flat Palm-Up/Palm-Down Drill
- SBT Drill

8. Seven-Ball Recognition Drill

Home Plate is Seven Baseballs Wide

Think small. Attack big.

Teach hitters to hunt one side of the plate rather than trying to cover everything.

- Inside: Where the money is (Balls 1, 2, and 3)
- Middle: Can't be a riddle (Balls 3, 4, and 5)
- Away: Don't be fine (Balls 5, 6, and 7)

Finish with the Seven-Ball Recognition Front Toss Drill.

9. Offensive Counts: Pick a Side

Teach hitters to hunt a specific location instead of reacting to every pitch.

Drills:

- Clear the Dugout Drill
- Middle Drill
- Cage Competition:
 - Two-tee Middle Drill
- On-Field Competition:
 - Two-square-screen Middle Drill

10. The Two-Strike Approach

With two strikes, simplify everything.

- Widen the Athletic Triangle
- Eliminate the stride
- Reduce unnecessary movement
- Work out to in
- Adjust from hard to soft
- Control what you can determine:
 - Your approach
 - Your swing
 - Your compete level

Success Travels with Hard Work

The sun doesn't shine on the same dog's back every day, and we've all got rivers to cross.

The "gym class try-hard" mentality isn't enough when the real challenges show up. Real success is earned through relentless effort, resilience, and the willingness to compete alongside old-school grinders who refuse to quit.

I don't believe greatness has to come at the expense of happiness, but I do believe you must embrace the hard. You have to take the crooked with the straight—the setbacks with the victories and the adversity with the opportunity.

If you have the courage to cut it loose, take risks, and lead with conviction, the players and coaches around you will do the same. Leadership isn't about demanding toughness—it's about demonstrating it every day.

"Success travels with a company of hard work."

Dios lo bendiga.

God bless you.