



**6-WEEK  
PLAYER DEVELOPMENT  
HITTING PROGRAM**



## Why a hitting program?

1. Drills allows a you to deliberately improve your swing.
2. The 6 – Week program allows you to simplify your training.
3. The 6 – Week program is specifically designed to keep your training interesting by constantly challenging you with new drills.
4. The drills are designed to develop a “feel” of correct swing mechanics.

NOTE: Do not try to work on your swing while facing live pitching. You won't have the time to process what you are working on, timing up a pitch, swinging the bat, and hitting the ball squarely. This oftentimes leads to frustration and overwhelm.

This hitting program will use drills that are for every player at every level. All drills include the use of SWINGRAIL.

When using a batting tee be sure to following guidelines for placement:

### Inside Pitch:

Ball in front of stride foot



### Middle Pitch:

Ball at toe of striding foot



### Outside Pitch:

Ball slightly behind stride foot



# What You Will Need:

(Click each picture for purchase link)

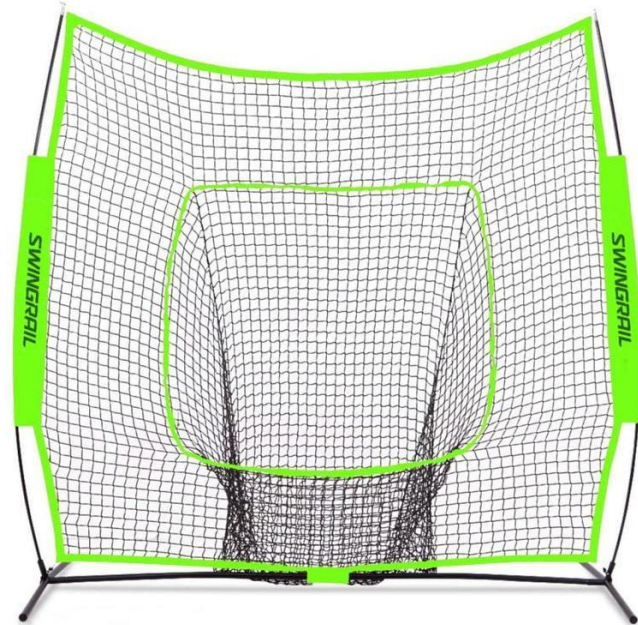
## SWINGRAIL



## Batting Tee



## Hitting Net



\*\*\*Important Notice: Be sure to watch the "How To" Video first:

<https://www.swingrail.com/pages/swingrail-information>

## SWINGRAIL 6-Week Player Development Hitting Program

Week 1: 4 Days: 72 Swings per Day			Week 3: 4 Days: 80 Swings per Day			Week 5: 4 Days: 88 Swings per Day		
<u>Warm Up:</u>	<u>Sets</u>	<u>Reps</u>	<u>Warm Up:</u>	<u>Sets</u>	<u>Reps</u>	<u>Warm Up:</u>	<u>Sets</u>	<u>Reps</u>
Dry Swing - Slow Motion	1	8	Dry Swing - Slow Motion	1	4	Dry Swing - Slow Motion	1	4
Dry Swing - 50% Effort	1	8	Dry Swing - 70% Effort	1	8	Dry Swing - 90% Effort	1	4
<u>Drill</u>			<u>Drill</u>			<u>Drill</u>		
3 Swing Drill	1	12	Chair / Bucket Drill	1	12	Watch Drill	1	12
High Tee	1	8	Step Back Drill	1	12	Walk-Up Drill	1	12
Chair / Bucket Drill	1	8	Watch Drill	1	12	Feet Together	1	12
Step Back Drill	1	8	Walk-Up Drill	1	12	45 Degree Drill	1	12
*Finish With 20+ Swings Front Toss or Batting Practice Without Swingrail			*Finish With 20+ Swings Front Toss or Batting Practice Without Swingrail			*Finish With 20+ Swings Front Toss or Batting Practice Without Swingrail		
Week 2: 4 Days: 76 Swings per Day			Week 4: 4 Days: 88 Swings per Day			Week 6: 4 Days: 88 Swings		
<u>Warm Up:</u>	<u>Sets</u>	<u>Reps</u>	<u>Warm Up:</u>	<u>Sets</u>	<u>Reps</u>	<u>Warm Up:</u>	<u>Sets</u>	<u>Reps</u>
Dry Swing - Slow Motion	1	8	Dry Swing - Slow Motion	1	4	Dry Swing - Slow Motion	1	4
Dry Swing - 60% Effort	1	8	Dry Swing - 80% Effort	1	4	Dry Swing - 100% Effort	1	4
<u>Drill</u>			<u>Drill</u>			<u>Drill</u>		
High Tee	1	10	Step Back Drill	1	12	Walk-Up Drill	1	12
Chair / Bucket Drill	1	10	Watch Drill	1	12	Feet Together	1	12
Step Back Drill	1	10	Walk-Up Drill	1	12	45 Degree Drill	1	12
Watch Drill	1	10	Feet Together	1	12	One Knee Drill	1	12
*Finish With 20+ Swings Front Toss or Batting Practice Without Swingrail			*Finish With 20+ Swings Front Toss or Batting Practice Without Swingrail			*Finish With 20+ Swings Front Toss or Batting Practice Without Swingrail		
		56						

# Warm-Up:



Dry Swing: Allows players to get their body warm and “feel” how to swing correctly at the same time.

Step 1



Step 2



Step 3



#### How to Execute this Drill:

1. Hold the bat with your top hand & attach SWINGRAIL.
2. From your stance, take a swing imagining you are hitting pitches down the middle.
3. “Feel” correct swing mechanics as you get your body warm.

#### Common Mistake:

- Swinging too fast and out of control before feeling correct mechanics

# Drills:

**3 Swing Drill:** Allows players to “feel” correct swing mechanics with SWINGRAIL and immediately integrate a full swing while the “feel” is fresh in your body and mind.

Step 1



Step 2



Step 3



#### How to Execute this Drill:

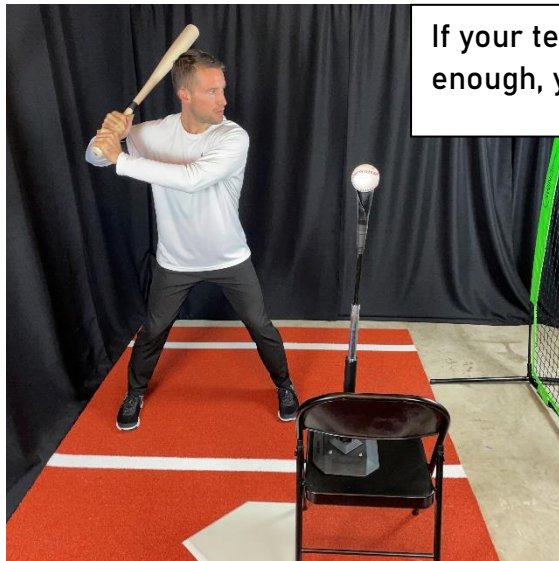
1. Attach SWINGRAIL & take a dry swing.
2. Repeat step 1.
3. DO NOT attach Swingrail and take a full swing.

#### Common Mistake:

- Player rushing during the dry swings not allowing themselves to “feel” correct swing mechanics.



## High Tee: Forces player to keep a good posture and take a proper path to the baseball.



Step 1



Step 2



Step 3

### How to Execute this Drill:

1. Raise the tee to the middle of your chest.
2. Swing keeping your hands about the ball throughout your swing.
3. Imagine hitting through the center of the ball and try to hit a low, back spin line drive right up the middle.

### Common Mistake:

- Hands dropping before taking a swing forcing the player to hit underneath the ball or cut across the top of the ball.

**Chair / Bucket Drill:** Forces player to sink into their lower half and feel how to use their legs, glutes, hips, and core with their swing.

Step 1



Step 2



Step 3



#### How to Execute this Drill:

1. Place your feet where they would normally be in the box after taking a stride.
2. Sit into your lower half on the chair.
3. As you come up take a swing, stay strong in your legs and hit the ball up the middle.

#### Common Mistake:

- Coming up too quickly and out of control.

## Step Back Drill: Develop a sense for the proper weight shift during your swing.

Step 1



Step 2



Step 3



### How to Execute this Drill:

1. Start with your feet about shoulder width.
2. Step back towards the catcher with your back leg.
3. Stride forward keeping an athletic lower half.
4. Swing trying to hit a low line drive.

### Common Mistake:

- Coming out of your lower half into an unathletic position.



**Watch Drill:** Allows you to see and feel the correct “launch” position before swinging.

Step 1



Step 2



Step 3



#### How to Execute this Drill:

1. Start with a narrow stance.
2. Stride forward, pause, and look to see if you are in the correct position.
3. Then create a little tension in your body and swing without taking a step again.

#### Common Mistake:

- Players rushing and not checking that they are in the correct position.

**Walk-Up Drill:** Allows the player to feel the rhythm of moving their body and being athletic with their swing.

Step 1



Step 2



Step 3



#### How to Execute this Drill:

1. Start 1 step away from where you normally would stand.
2. Step forward with your back foot, then stride with your lead leg.
3. Without stopping your momentum take a normal swing.

#### Common Mistake:

- Rushing step and not allowing upper and lower half to work together.

**Feet Together:** Helps player with balance, feeling ideal separation, and take a proper path to the ball.



Step 1



Step 2



Step 3

#### How to Execute this Drill:

1. Start with feet close together.
2. Emphasize stride forward, holding your hands around the back shoulder until your front foot lands.
3. Take your swing hitting a low line drive up the middle.

#### Common Mistake:

- Players trying to take their swing with their hands before their front foot lands.



**45 Degree Drill:** this helps the player use the optimal bat path by getting their swing on path with the ball early.



Step 1



Step 2



Step 3

#### How to Execute this Drill:

1. Place your feet 45 degrees to the plate in an athletic base.
2. Without taking a stride hit the ball right back up the middle.
3. Start slow if this is uncomfortable at first.

#### Common Mistake:

- Losing posture by leaning backwards to try to hit the baseball.

**One Knee Drill:** this drill will isolate the upper half of the swing and develop the proper bat path.

Step 1



Step 2



Step 3



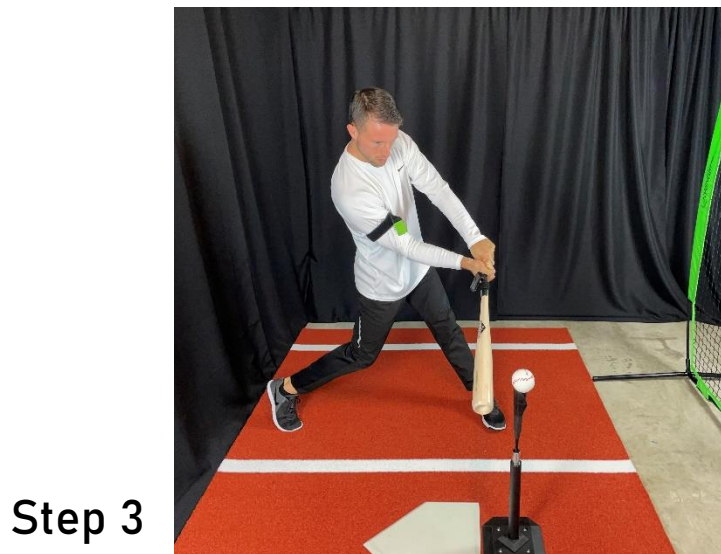
#### How to Execute this Drill:

1. Get on your back knee and straighten your front leg.
2. Set the tee in line with your front knee.
3. Take a swing keeping your posture upright.

#### Common Mistake:

- Posture dipping back towards the catcher.

**Cross-Leg Drill:** Forces the player to get off of their back leg, load their hips, and get momentum going through the baseball.



#### How to Execute this Drill:

1. Put front foot right behind back foot, feeling a little tension in your hips.
2. Take a stride keeping your hands and posture in correct position.
3. Try to hit the ball right up the middle.

#### Common Mistake:

- Players trying to swing with their hands before front foot lands.



## Front Toss:



## Batting Practice:



### How to Execute this Drill:

1. Have someone accurately flip or throw a ball in the strike zone to allow the player to work on timing a moving pitch and tracking a ball with their eyes without using SWINGRAIL.
2. Players can also use the 3-Swing drill with Front Toss and Batting Practice.

### Common Mistake:

- Players anxiously take their swing without properly timing the pitch or swinging at pitches out of the strike zone.

## SWINGRAIL 6-Week Player Development Hitting Program

Week 1: 4 Days: 72 Swings per Day			Week 3: 4 Days: 80 Swings per Day			Week 5: 4 Days: 88 Swings per Day		
Warm Up:	Sets	Reps	Warm Up:	Sets	Reps	Warm Up:	Sets	Reps
Dry Swing - Slow Motion	1	8	Dry Swing - Slow Motion	1	4	Dry Swing - Slow Motion	1	4
Dry Swing - 50% Effort	1	8	Dry Swing - 70% Effort	1	8	Dry Swing - 90% Effort	1	4
<u>Drill</u>			<u>Drill</u>			<u>Drill</u>		
3 Swing Drill	1	12	Chair / Bucket Drill	1	12	Watch Drill	1	12
High Tee	1	8	Step Back Drill	1	12	Walk-Up Drill	1	12
Chair / Bucket Drill	1	8	Watch Drill	1	12	Feet Together	1	12
Step Back Drill	1	8	Walk-Up Drill	1	12	45 Degree Drill	1	12
*Finish With 20+ Swings Front Toss or Batting Practice Without Swingrail			*Finish With 20+ Swings Front Toss or Batting Practice Without Swingrail			*Finish With 20+ Swings Front Toss or Batting Practice Without Swingrail		
Week 2: 4 Days: 76 Swings per Day			Week 4: 4 Days: 88 Swings per Day			Week 6: 4 Days: 88 Swings		
Warm Up:	Sets	Reps	Warm Up:	Sets	Reps	Warm Up:	Sets	Reps
Dry Swing - Slow Motion	1	8	Dry Swing - Slow Motion	1	4	Dry Swing - Slow Motion	1	4
Dry Swing - 60% Effort	1	8	Dry Swing - 80% Effort	1	4	Dry Swing - 100% Effort	1	4
<u>Drill</u>			<u>Drill</u>			<u>Drill</u>		
High Tee	1	10	Step Back Drill	1	12	Walk-Up Drill	1	12
Chair / Bucket Drill	1	10	Watch Drill	1	12	Feet Together	1	12
Step Back Drill	1	10	Walk-Up Drill	1	12	45 Degree Drill	1	12
Watch Drill	1	10	Feet Together	1	12	One Knee Drill	1	12
*Finish With 20+ Swings Front Toss or Batting Practice Without Swingrail			*Finish With 20+ Swings Front Toss or Batting Practice Without Swingrail			*Finish With 20+ Swings Front Toss or Batting Practice Without Swingrail		
		56						

## Week 7 & Beyond: “What do I do when I’m done?”

Completing this program means you are now ready to advance your training. Pick the top drills that helped you over the past 6 weeks and continue training with them as your swing gets faster and stronger with each workout.

Choose a number of swings that will challenge you mentally and physically without exhausting yourself and creating bad habits. As you continue to refine and develop your swing in practice, you will see incredible results on the field.

We look forward to hearing and seeing your success!

Thank you for downloading and taking part in this training! Be sure to share your progress with us on Instagram [@Swingrail](#)

