

Softball Hitting - Base Program

General Instructions

1. Perform these drills at least 3x/week.
2. Train from the Ground Up, starting with the feet and working up to the legs, hips, shoulders, arms & hands.
3. Follow the order of the drills from #1 before progressing to #2, #3...
4. Get better before doing the next drill.
5. Put Harnesses on Correctly.
6. Connect to correct d-ring on harnesses.
7. The band angles are really important; make sure you have the angles correct!
8. Give athletes one movement at a time to work on and avoid trying to correct everything at once.

More Instructions & Information

Full Instructions Available at:
 Web Site: www.powercore360.com
 On Powercore 360 Mobile Apps:
 search for "Powercore 360"
 for iPhone at the Apple App Store
 for Android at the Google Play Store
 Email: info@powercore360.com
 Phone: (970) 556-0435
 US Patent (Powercore 360 Power Training System): #7,874,970

Precautions

1. Perform with Doctor's Consent
2. Stop & Discontinue with Pain, or Discomfort
3. Check Bands & Equipment Before Use
4. Do not Use Worn, Damaged Bands, Harnesses, Straps or Equipment
5. Do not Over-Stretch Bands
6. Use with Adult Supervision

1 Hip Assisted

safely attach band right hip

safely attach @ hip height 45 degrees behind left hip

1. Load
2. Contact

- turn hips right
- step & turn hips **slowly** to left
- FEEL hips move forward & turn
- repeat 2 sets/10 reps

starting band resistance hip trainer-black/orange



This learning drill may only have to be used the first time the athlete does the drill; then start each hitting session with #2 Hip Resisted to the right.

2 Hip Resisted - Linear

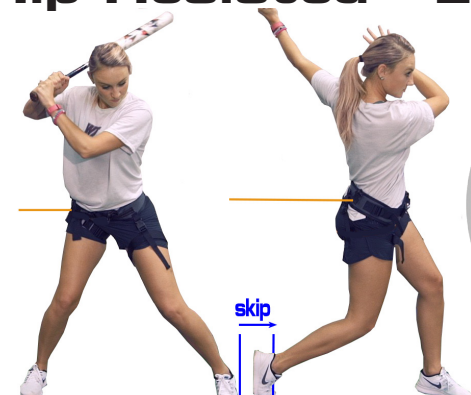
attach band right hip

safely attach @ hip height directly to side of right hip

1. Load
2. Hit

- sit into rt. foot & hip
- **weight transfer**
- FEEL back foot skip
- repeat 2-4 sets/5 reps

starting band resistance hip trainer-black/orange



Ensure the hitter can do this BEFORE progressing to hip rotation, even if it takes a few sessions to master this movement.

3 Hip Resisted - Rotational

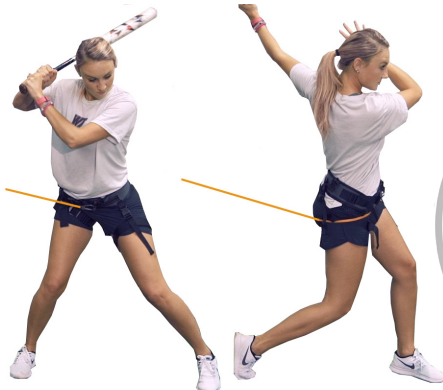
attach band left hip

safely attach @ hip height 45 degrees behind right hip

1. Load
2. Hit

- turn hips right
- **fire** hips **fast** left
- FEEL hips turn
- Hold finish 3-4 secs.
- repeat 2-4 sets/5 reps

starting band resistance hip trainer-black/orange



Get the back hip through so it points towards pitcher and hold this for 3-4 seconds to train both power & balance!

4 Torso Resisted

attach band below left shoulder

safely attach band at shoulder level 45 degrees behind right shoulder

1. Load
2. Hit

- turn shoulders right
- **fire** back shoulder **fast**
- stay through ball
- repeat 2-4 sets/5 reps

starting band resistance torso trainer-black/orange



Get the back shoulder through so it points in direction the ball is hit & hold this for 3-4 seconds to train both power & balance!

5 Bottom Hand Path

attach band left wrist cuff

safely attach band at chest level, to side of body

1. Load
2. Contact

- FEEL lt. lat stretch
- repeat 1-2 sets/10 reps
- **remove band & hit 5 balls**

starting band resistance hand trainer-black/orange



This drill is performed very slowly so hitter feels the correct movement of the arms/hands back towards catcher and the tension in left lat. muscle.

6 Top Hand Extension

attach band right wrist cuff

safely attach band waist level in front of body

1. Load
 2. Extension
- FEEL lt. lat stretch
 - repeat 1-2 sets/10 reps
 - **remove band & hit 5 balls**

starting band resistance hand trainer-black/orange



This drill is performed very slowly so hitter feels the correct movement of the arms/hands towards direction that the ball is to be hit.