

# Bat Speed Routine by BroHitting

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## What's important:

This Hitting Routine is not result oriented, the goal is stay gap to gap and not rollover. The hole focus of this Routine to build Bodyawareness – Bat Speed – Bat Path – Contactpoint.

## Tools:

1. Game Bat
2. Fungo 35 inch (preferably Maple)
3. Overload Bat example 34 inch 38 oz
4. Hitting Jack-It 12oz. or 16oz.
5. Tanner Tee
6. Baseballs

## Getting Loose

Make sure you get the blood flowing and your leg – trunk – shoulders – wrist are .

## Tee Work

### 1st Round

6 – 8 Swing with the Fungo, Middle away Pitch low in the Zone

### 2nd Round

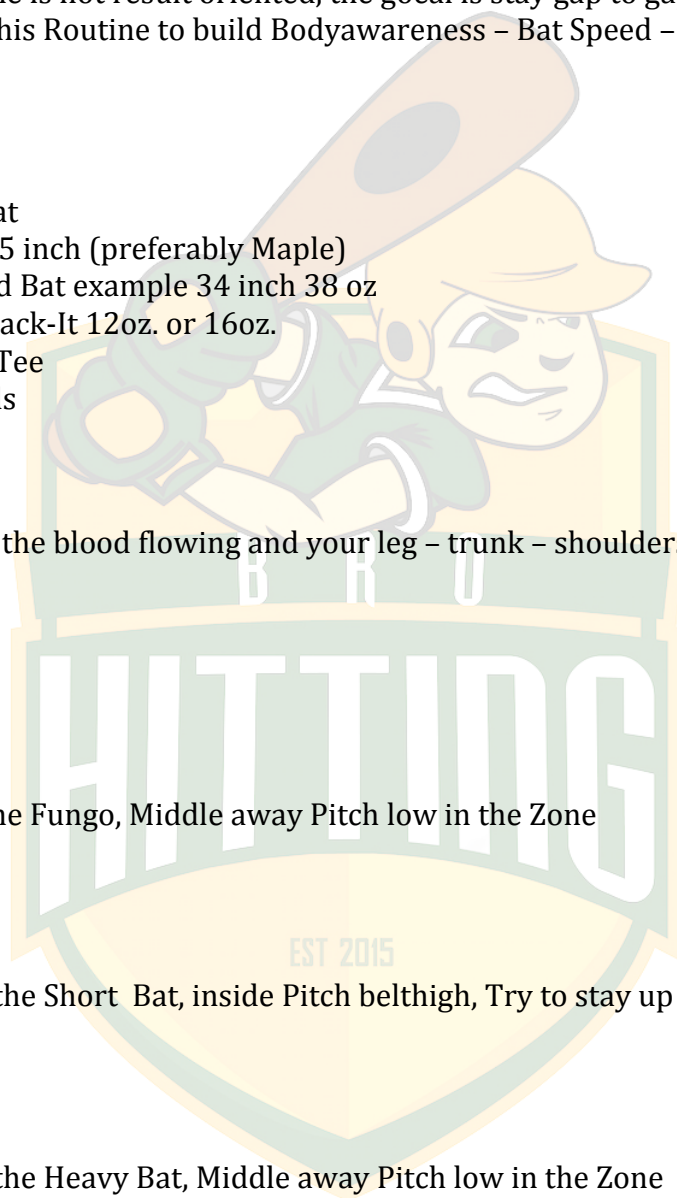
6 – 8 Swings with the Short Bat, inside Pitch belthigh, Try to stay up the middle without pushing the bat

### 3rd Round

6 – 8 Swings with the Heavy Bat, Middle away Pitch low in the Zone

### 4th Round

6 – 8 Swings with the Game Bat, Middle Pitch belthigh



## Front Toss

### 1st Round

Use your Game Bat and take 12-15 Swings either of the Tanner Tee or of front Toss, Location Middle Away, the goal is to hit hard Groundballs to the 2nd Baseman (as a Righty) or to the Shortstop (as a Lefty). In this round the result is secondary, the main focus should be on getting your body in sync, to throw the hands and make contact outfront.

### 2nd Round

Wide Stance and lock your knees, don't use your hips in this round. For the first 4 Swings use your Game Bat + Jack-It, the next 4 Swings are made with just the Game Bat, the last 4 Swings are made with the Fungo. The focus in this round lies on the path of your hands where we still make contact outfront. It is important that the hands move in a straight line from the load to contact, you need to avoid pulling your hands in front of your body as this will lead to rollovers or flares.

### 3rd Round

The Walk-In Drill (Happy Gilmore), in this round we'll take 6 Swings with the Game Bat and 6 Swings with the Overload Bat. The focus in this round is on the hand path and bat speed. The result is not important, the player is trying to create maximum Bat Speed and with that more body awareness.

### 4th Round

High Legkick Swings. Regardless of if the player uses a Legkick or not in the game, He needs to use it in this round. For the first 3 Swings use the Game Bat, then 3 Swings with the Overload Bat, then 3 Swings with the Game Bat + Jack-It and the last 3 Swings with the Fungo. The focus lies on Bat Path – Bat Speed – Contactpoint.

### 5th & 6th Round

In this round we'll put it all together, use your Game Bat and take your Gameswing 4-6 Swings. But try to incorporate all the aspects that you just worked on. Feel the drive of using your body in the swing to create more Bat Speed. Have all your momentum continue through the swing towards centerfield. And catch the ball outfront with balance and maximum Bat Speed.