



TOTAL SOFTBALL TRAINING

1

HITTING WORKOUT

COMPLETE 1 CIRCUIT



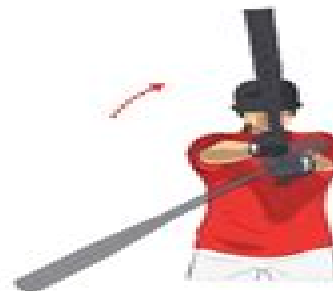
Heavy Bat Snaps
2 sets x 15 seconds

Hold a heavy bat straight out in front of body. Slowly bring barrel to forehead, then snap back to starting position.



Heavy Bat Rotations
4 sets x 15 seconds

Hold a heavy bat straight out in front of body. Rotate the barrel around in small circles, getting bigger with each rep. Switch direction each set.



Windshield Wipers
4 sets x 15 seconds

Hold a heavy bat straight out front, with barrel pointing to sky. Rotate the bat to the right like a windshield wiper, then back to top. Repeat. Switch direction each set.



Windshield Wipers
2 sets x 9 swings

Get in your stance over a plate. Swing, then stop at each of the 9 contact points:

- | | | |
|-----------------|-------------------|----------------|
| 1. High Inside | 4. Middle Inside | 7. Low Inside |
| 2. High Middle | 5. Middle Middle | 8. Low Middle |
| 3. High Outside | 6. Middle Outside | 9. Low Outside |

Repeat, this time taking a full swing through



Location Soft Toss
5 minutes

Partner stands 10 feet away at a 45° angle. Partner soft-tosses pitches to Batter in various locations, trying to hit the same 9 contact points.

Softball Hitting Drills

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A red circular graphic with a gradient, appearing as a stylized arrow or a light effect, positioned to the right of the author's name.

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