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# 10U

## Hitting

10 Professional Drill Cards

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Age-calibrated drills designed for player development at every level.  
Free resource from Base9 Sports — Smarter Tools for Baseball & Softball

[base9sports.com](https://base9sports.com)



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#01

## Tracking Live Fastballs

### PLAYERS

4-10

### TIME

15 minutes

### EQUIPMENT

Live pitcher, baseballs, bats, helmets...

### OBJECTIVE

- Learn to see and track fastballs from kid pitchers from the mound.

### SETUP

- Pitcher on mound throwing fastballs only at 50-70% speed. Catcher behind plate.

### EXECUTION

- Pitcher throws fastballs down middle at moderate speed
- Hitter focuses on seeing ball out of pitcher's hand
- Track ball all the way from release to plate
- First 5 pitches: just watch, don't swing (practice tracking)
- Next 10 pitches: swing at strikes only
- Work on timing - when to start swing
- Each hitter gets 15-20 total pitches

### COACHING POINTS

- See the ball leave pitcher's hand
- Track it all the way to bat
- At 46 feet, ball arrives quickly - stay ready
- Good hitters see ball early and clearly
- Don't guess - see it and react
- This is foundation for hitting live pitching

### MAKE IT A GAME

- See It Challenge: Points for identifying high/low, inside/outside BEFORE swinging. Correct ID = 1pt!

#02

## Hitting To All Fields

**PLAYERS**

2-8

**TIME**

12-15 minutes

**EQUIPMENT**

Batting tee or soft toss, baseballs, b...

**OBJECTIVE**

- Learn to hit ball where it's pitched - inside pull, middle up middle, outside opposite.

**SETUP**

- Three tees or toss locations: inside, middle, outside. Cones mark target fields.

**EXECUTION**

- Inside location: try to pull ball to pull-side field
- Middle location: hit ball back up the middle
- Outside location: hit ball to opposite field
- 5 swings at each location
- Focus on adjusting hands to ball location
- Don't try to pull everything - hit it where it's pitched
- Rotate through all three locations 2-3 times

**COACHING POINTS**

- Inside = pull it to your side
- Middle = back up the middle
- Outside = opposite field
- Good hitters use whole field
- Adjust hands, not whole swing
- This makes you harder to pitch to

**MAKE IT A GAME**

- Field Target: Hit ball to correct field based on location. Correct field = 2pts, any contact = 1pt!

#03

## Front Toss Reaction

**PLAYERS**

2-8

**TIME**

12 minutes

**EQUIPMENT**

L-screen, baseballs, bat, helmet, tosser

**OBJECTIVE**

- Develop quick reaction to pitched balls from close distance.

**SETUP**

- Tossers behind L-screen close range away. Hitter in box. Net or field.

**EXECUTION**

- Tossers throw fastballs at 60% speed from behind screen
- Hitter works on quick recognition and swing
- Mix locations: inside, outside, high, low
- 15-20 tosses per hitter
- Focus on seeing ball and reacting quickly
- No time to think - just see and hit
- Build confidence hitting moving balls

**COACHING POINTS**

- Closer distance = faster reaction needed
- See ball, swing bat - keep it simple
- Trust your hands to find the ball
- Quick, compact swing works best
- This builds confidence for live pitching
- Reaction time improves with practice

**MAKE IT A GAME**

- Rapid Fire: Tossers throw quickly (5 seconds between). Most solid contact in 20 tosses wins!

#04

## Two-Strike Protection

**PLAYERS**

4-10

**TIME**

12 minutes

**EQUIPMENT**

Live pitcher or machine, baseballs, ba...

**OBJECTIVE**

- Learn to battle with two strikes - protect plate and make contact.

**SETUP**

- Start each at-bat with 0-2 count. Pitcher throws competitive pitches.

**EXECUTION**

- Every at-bat begins at 0-2 count
- Hitter chokes up 1-2 inches on bat
- Widen zone slightly - swing at close pitches
- Goal: foul off tough pitches, put ball in play
- Fight off pitches until you get one to hit
- Each hitter gets 5-6 at-bats from 0-2
- Track: strikeouts vs contact vs hits

**COACHING POINTS**

- Choke up for better bat control
- Protect the plate - don't watch close pitches
- Foul balls are victories with 2 strikes
- Shorten swing, increase contact chance
- Never give in - battle every pitch
- Good hitters make contact with 2 strikes

**MAKE IT A GAME**

- Battle Count: Each foul ball with 2 strikes = 1pt. Contact = 2pts. Strikeout = 0pts. Most points wins!

#05

## Opposite Field Hitting

**PLAYERS**

2-6

**TIME**

10-12 minutes

**EQUIPMENT**

Tee or soft toss, baseballs, bat, helm...

**OBJECTIVE**

- Master going opposite field on outside pitches.

**SETUP**

- Tee on outside corner or soft toss outside. Cones in opposite field as targets.

**EXECUTION**

- Ball placed or tossed on outside part of plate
- Focus on letting ball get deep in zone
- Drive ball to opposite field toward cones
- Don't try to pull outside pitch
- Stay back, let ball travel, hit it where it is
- 12-15 swings going opposite field
- Track how many reach target areas

**COACHING POINTS**

- Outside pitch = go opposite field
- Let ball travel deeper before swinging
- Don't pull off the ball
- Keep front shoulder in
- Hands stay inside the ball
- Mastering this makes you a complete hitter

**MAKE IT A GAME**

- Oppo Target: Cones worth 1-3 points based on distance. Most points in 10 swings wins!

#06

## Bunting Fundamentals

**PLAYERS**

4-10

**TIME**

12 minutes

**EQUIPMENT**

Pitcher or soft toss, baseballs, bats,...

**OBJECTIVE**

- Learn sacrifice bunt technique to advance runners.

**SETUP**

- Pitcher throws from the mound. Zones marked down first and third base lines.

**EXECUTION**

- Show bunt by squaring up to pitcher
- Slide top hand up to barrel, keep bottom hand on knob
- Bend knees, get bat at top of strike zone
- Let ball hit bat - catch it with bat
- Angle bat to direct ball down line
- Practice bunting to both sides
- 8-10 bunts per player

**COACHING POINTS**

- Square up early so everyone knows
- Top of strike zone - anything below is ball
- Soft hands - deaden the ball
- Angle bat to control direction
- Don't stab at ball - let it come to bat
- Bunting moves runners and wins games

**MAKE IT A GAME**

- Bunt Zones: Mark zones down lines. Zone 1 = 1pt, Zone 2 = 2pts, Zone 3 = 3pts. First to 15 wins!

#07

## Seeing The Ball Deep

**PLAYERS**

4-8

**TIME**

10 minutes

**EQUIPMENT**

Soft toss or tee, colored balls or mar...

**OBJECTIVE**

- Train eyes to see ball clearly all the way to contact point.

**SETUP**

- Use balls with numbers or colors written on them. Soft toss or tee work.

**EXECUTION**

- Balls have numbers or colors written on them
- As ball is tossed or on tee, hitter must call out number/color
- Call it out BEFORE making contact
- This forces eyes to track ball closely
- 10-12 swings calling out numbers/colors
- Gradually increase toss speed
- Must see clearly to call correctly

**COACHING POINTS**

- Eyes must track ball all the way
- Calling number forces you to see it
- If you can't see number, you're not tracking well
- Better vision = better contact
- This drill builds elite plate vision
- Great hitters see ball longer than others

**MAKE IT A GAME**

- Vision Challenge: Correct number call + good contact = 2pts. Wrong call = 0pts even if hit.
- Most points wins!

#08

## Stride & Load Timing

**PLAYERS**

2-10

**TIME**

10 minutes

**EQUIPMENT**

Bats, no balls needed initially

**OBJECTIVE**

- Develop proper timing between stride and hands loading back.

**SETUP**

- Players spread out with bats. Coach demonstrates timing.

**EXECUTION**

- Get in batting stance with bat
- Practice stride: small step forward with front foot
- As front foot strides, hands load back slightly
- Front foot lands, hands are back and ready
- Then swing forward
- Repeat timing 15-20 times without ball
- Then apply to tee or soft toss
- Rhythm: stride-load-swing

**COACHING POINTS**

- Timing is: stride and load together, then swing
- Front foot lands softly, hands are back
- Weight stays back even as you stride
- This creates rhythm in your swing
- Good timing = consistent contact
- At 46', timing is critical

**MAKE IT A GAME**

- Rhythm Check: Coach calls 'STRIDE' and players show movement. Perfect timing position = point. Best of 10!

#09

## Hitting Line Drives

**PLAYERS**

2-6

**TIME**

12 minutes

**EQUIPMENT**

Batting tee, baseballs, bat, helmet, t...

**OBJECTIVE**

- Focus on hitting line drives consistently - best contact for hits.

**SETUP**

- Tee at belt height. Mark zone for line drives (not ground balls or pop-ups).

**EXECUTION**

- Set tee at middle of strike zone, belt high
- Focus on level swing through ball
- Goal: hard line drives, not grounders or fly balls
- Take 12-15 swings aiming for line drives
- Count how many are true line drives
- Adjust swing if too many grounders or fly balls
- Line drives = base hits

**COACHING POINTS**

- Level swing produces line drives
- Hit middle/top half of ball
- Too steep = fly balls; too low = grounders
- Line drives are what you want
- This is the best swing for hits
- Great hitters hit lots of line drives

**MAKE IT A GAME**

- Line Drive Contest: Only line drives count. Most line drives out of 15 swings wins!
- Grounders/pop-ups = 0 pts!

#10

## Live At-Bat Practice

### PLAYERS

8-15

### TIME

20 minutes

### EQUIPMENT

Full field, pitcher, balls, bats, helm...

### OBJECTIVE

- Simulate real at-bats with counts, situations, and fielders.

### SETUP

- Full game setup. Pitcher, catcher, fielders. Scoreboard tracks count.

### EXECUTION

- Each hitter gets full at-bat experience
- Pitcher throws fastballs at game speed
- Track balls and strikes
- Hitter must work count, make decisions
- Fielders field balls in play
- Coach gives feedback on approach
- Each hitter gets 3-4 at-bats
- Debrief decisions and results

### COACHING POINTS

- This is closest to real games
- Work the count - don't help pitcher
- Swing at strikes, take balls
- Put good swing on good pitches
- Learn from each at-bat
- Practice like games = perform in games

### MAKE IT A GAME

- Quality At-Bat: Points for walks, hits, hard contact. Strikeout on bad pitch = -1. Track quality over results!