

BASES – Hitting Camp

CAMP CONTENT:

- Hitting Overview: Power, Big Zone, Efficiency
- Right View Pro video review
- Preparation to Swing (stance, negative move, toe touch)
- Swing (heel plant, connection, bat lag, contact, extension, finish)
- How to hit with “Power”
- How to hit in a “Big Zone”
- How to hit with “Efficiency”
- What does success in hitting look like?
- Hitting Stations (including live pitching stations)
- Drills (tee work, one hand drills, Frisbee drills, soft toss, etc.)

NOTES:

1. Players should bring their own gear where possible. Full gear includes bat, helmet, batting gloves (recommended but not mandatory). BASES does have bats in various sizes and helmets that can be borrowed free of charge, if needed.