

BASES – Softball 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. There will be a few items that may be borrowed from BASES during the lessons but there is not enough for all players.