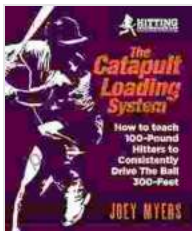


How To Teach 100 Pound Hitters To Consistently Drive The Ball 300 Feet

As a coach, one of the most rewarding things is to see your players succeed. And when it comes to hitting, there's no greater feeling than watching a 100-pound hitter drive the ball 300 feet.

But how do you teach a player to do that? It's not as simple as just telling them to swing harder. There's a lot of technique involved, and it takes time and practice to develop the necessary skills.



Catapult Loading System: How To Teach 100-Pound Hitters To Consistently Drive The Ball 300-Feet

by Joey Myers

★★★★☆ 4.4 out of 5

Language	: English
File size	: 2923 KB
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In this article, we'll discuss the key elements of hitting for power, and we'll provide some drills that you can use to help your players develop the skills they need to drive the ball 300 feet.

The Key Elements Of Hitting For Power

There are four key elements to hitting for power:

1. **Bat speed:** The faster your bat is swinging, the more power you'll generate.
2. **Contact point:** The point at which you make contact with the ball is critical. For maximum power, you want to hit the ball on the "sweet spot" of the bat.
3. **Body rotation:** Your body should be rotating as you swing. This will help you generate more power and control.
4. **Extension:** After you make contact with the ball, you should extend your arms and legs. This will help you drive the ball with more power.

Drills To Develop Power

There are a number of drills that you can use to help your players develop the skills they need to hit for power. Here are a few of our favorites:

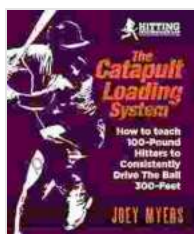
- **Tee drills:** These drills are a great way to work on bat speed and contact point. Start by placing a tee on the ground and hitting off of it. As your players improve, you can gradually raise the tee.
- **Front toss drills:** These drills are a great way to work on body rotation and extension. Have a partner toss you the ball from in front of you. As you swing, focus on rotating your body and extending your arms and legs.
- **Weighted bat drills:** These drills are a great way to increase bat speed and power. Swing a weighted bat for 10-15 repetitions. As your players get stronger, you can gradually increase the weight of the bat.

Teaching a 100-pound hitter to drive the ball 300 feet takes time and practice. But by focusing on the key elements of hitting for power and using the drills outlined in this article, you can help your players develop the skills they need to succeed.

With hard work and dedication, anything is possible!

Additional Tips

- Make sure your players are using the right bat. A bat that is too heavy or too light will make it difficult to hit for power.
- Encourage your players to practice regularly. The more they practice, the better they will become at hitting for power.
- Be patient. It takes time to develop the skills needed to hit for power. Don't get discouraged if your players don't see results immediately.



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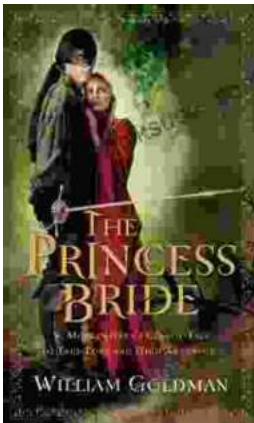
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