

NBS 2024 FALL HITTING CAMP

DAY 1 (November 24)

11 – 11:45 pm (45 minutes) – “Instructors Talking Hitting”

I. Instructors Introduction:

- ***Kwodwo Brannigan*** – NBS 15u Head Coach; VI Men National Baseball Team Assistant Coach; Full Circle Performance President; Independent Hitting Instructor
- ***Bryson Parks*** – Western Carolina University (D1), New Jersey Jackals (Pro Independent league), NBS 17U coach; DBATs Hitting Instructor
- ***Kaleeq Brannigan*** – Shorter University (D2); VI Men Baseball National team member; DBATs Hitting Instructor
- ***Dwanye Maduro*** – Pecos Bills (Pro Independent league); VI Men National Baseball team member; DBATs Hitting Instructor

- ***Zayd Brannigan*** – Western Kentucky University (D1); Georgia Gwennette University (NAIA); VI Men National Baseball team

II. **Purpose:** Comprehensive hitting instruction that will focus on addressing each individual player’s issue(s). Issues include biomechanics, approach (plan), and preparation. We will assist each hitter in identifying the right feel based on their style of hitting.

III. **Discussion on kinematic sequence (KS) of hitting (body language)**

- *Different hitting styles same hitting rules*

- *Elements that impact KS - athleticism, mobility\flexibility, strength; aptitude*

IV. Break down of your body language (KS)

- **Setting body parts**
 - *Upper Half*
 - ✓ SIGHT (Shoulder & Head Tilt)
 - ✓ Barrel and wrist tilt (lab)
 - ✓ Core
 - *Lower Half*
 - ✓ Leg setup efficiency
 - ✓ Hip Hinge
 - ✓ Hip to ground (balance) check
- **Body Check**
 - *Load (stance-load-hitting position)*
 - ✓ Scap - core – lower half disassociation
 - ✓ Weight shift (40/60 | 50/50 | 60/40)
 - ✓ Balance
 - ✓ Check Swing

V. ZONING & TIMING VIDEOS

11:45 – 12:30 pm (*45 minutes*)

VI. Swing Mechanics and patterns (attack angle, barrel slope etc)

- **Hitting Zone**
- **Feel drills**
 - Ball drills
 - Water weight
 - Punch drill
 - Hulla hoop drill
 - Separation/posture drills
 - Donut weight drill

12:30 – 1:15 pm (*45 minutes*)

VII. Swing Drills (Tee – flips – front toss – live) 7 swings

- *Top / bottom hand short bat drill (tee)*
- *Scissor drill (tee, flips or front toss)*
- *Hip hinge coil drill (tee, flips or front toss)*
- *Step back gather drill (tee, flips or front toss)*

- *Balance drills*
- *Regular swings*

1:15 – 2 pm

VIII. Live BP rounds (machine – live arm)

- ***Rounds (7 – 10 swings)***
 - ✓ Middle / Oppo (hard ground balls, line drives)
 - ✓ Gap-to-gap
 - ✓ Competition (group hitting)

DAY 2 (November 25)

11 – 11:45 pm (45 minutes)

I. Discussions

- ***Players' reflection***
- ***On-deck preparation***
 - Warmup and getting loose quickly
 - Studying the pitcher
 - On time queues (hand and foot strike)
 - Cognitive techniques – positive thoughts
 - Breathing techniques – slowing heart rate
 - Know situation of game
 - Have an approach at the plate
- ***Timing***
 - Physical and mental
 - Synchronizing rhythm and tempo with pitcher's body language and release point
 - Hitter's body language adjustability to pitch speed, location, and movement
- ***Hitter's counts***
 - Advantage counts (1-0, 2-0, 3-1, 3-0)
 - Neutral counts (0-0, 1-1, 2-1, 0-1, 3-2)
 - Pitchers counts (0-2, 1-2, 2-2)

11:45 – 12:15 pm (30 minutes)

II. Swing Mechanics and patterns

- *Feel drills*
 - Ball drills
 - Water weight
 - Punch drill
 - Hulla hoop
 - Separation/posture drills
 - Med Ball drills
 - Wall drills
 - Training bag drill

12:15 – 1 pm (45 minutes)

III. Swing Drills (Tee – side toss – angular toss – front toss – live)

- *Top / bottom hand (ball throw, tennis or paddle racket)*
- *Scissors drill*
- *hinge coil drill*
- *Step back gather drill*
- *Balance drills*
- *Regular swings*

1 – 2 pm

IV. Live BP rounds (machine – live arm)

- *Rounds (7 – 10 swings)*
 - Situation
 - ✓ Oppo
 - ✓ Middle
 - ✓ Gap-to-gap
 - ✓ Game (3 outs)

[NOTE: Players must dress appropriately for weather, bring liquid to stay hydrated, turfs and cleats, and hitting equipment.]