



THE ULTIMATE SWING: 5-WEEK CADDY SHEET

The Golden Rule: Use *ONLY* the teaching phrase of the week. Don't overcoach!

WEEK 1: STANCE Phrase: *"Athletic and Comfortable"*

- **The Drills:**
 - **Freeze & Check:** Hitter jumps into stance; Parent yells "FREEZE!" (Check knees/balance).
 - **Step-In Swings:** Start feet together → Step into stance → Swing.
 - **Parent Corner:** If they are balanced and can move, leave them alone.
 - **Game: Balance Hold:** Hold finish for 3s.
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WEEK 2: LAUNCH POSITION Phrase: *"Hands Back, Barrel Up"*

- **The Drills:**
 - **Load & Hold:** Move to launch, freeze for 2 seconds, then swing.
 - **Toe-Tap Swings:** Small tap with front foot to trigger hands moving back.
 - **Parent Corner:** Look for the "Knob of the bat" pointing to the catcher's feet.
 - **Game: Freeze Frame:** Parent calls "Freeze" at contact.
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WEEK 3: SEQUENCE Phrase: *"Feet First, Hands Last"*

- **The Drills:**
 - **Step-Back Drill:** Step back with rear foot → Stride forward → Swing.
 - **Slow Motion Swings:** 50% speed to feel the body working in order.
 - **Parent Corner:** Stop the "Creep." Don't let hands move forward with the stride.
 - **Game: Sequence Call:** The parent calls "Feet" then "Hands."
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WEEK 4: DIRECTION Phrase: *"Through the Middle"*

- **The Drills:**
 - **Middle Tee:** Set tee in center; must hit to center of net.
 - **Walk-Throughs:** Step, Step, Swing (walking toward the pitcher).
 - **Parent Corner:** Success = "Chasing the ball with the bat." Avoid spinning off.
 - **Game: Middle Points:** 2 pts for line drives to pitcher. Goal 15 points
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WEEK 5: TIMING Phrase: *"Start Early, Swing Smooth"*

- **The Drills:**
 - **Yes-Yes Drill:** Hitter says "Yes" (on pitcher load) and "Yes" (on swing).
 - **Variable Toss:** Parent mixes fast and slow front tosses.
- **Parent Corner:** Every pitch is a strike until it's a ball. Start the "Yes" early!
- **Game: Timing Round:** 2 pts for "Loud" contact.