

THE ULTIMATE SWING

Parent-Guided 5-Week Hitting Plan (Ages 7–12)

PURPOSE: Teach young hitters how a swing works using simple language you can confidently reinforce without overcoaching.

QUICK START GUIDE:

- **Time:** 30–40 minute practices max.
- **The Golden Rule:** Use **ONLY** the teaching phrase of the week. Don't overcoach.
- **Flow:** Warm-Up (5m) → Drills (20m) → Game (10m) → Finish on a Win!

WEEK 1: STANCE

TEACHING PHRASE: "Athletic and Comfortable"

THE GOAL: Create a repeatable starting position. A poor stance forces the body to "fix" things mid-swing.

THE DRILLS

- **Freeze & Check:** Hitter jumps into stance; parent yells "FREEZE!"

Check: Are knees bent? Balanced?

- **Step-In Swings:** Start feet together → step into stance → swing.

THE GAME

- **Balance Hold Challenge:** Swing hard and hold the finish for 3 seconds without moving feet.

Scoring: 1 pt for holding the finish for 3 seconds.

0 Points: Hitter falls off balance or has to step to regain footing.

Parent Target: Get 7 out of 10 points to "Pass" the week.

PARENT CORNER

- **Success Signs:** Same stance every rep; better balance at contact.
- **Mistake to Avoid:** Over-adjusting. If they are balanced and can move, leave them alone.

WEEK 2: LAUNCH POSITION

TEACHING PHRASE: "Hands Back, Barrel Up" "Knob of the bat to the catcher's feet"

THE GOAL: Getting into a strong "loaded" position before the bat moves forward.

THE DRILLS

- **Load & Hold:** Move to launch position → freeze for 2 seconds → swing.
- **Toe-Tap Swings:** Small tap with the front foot to trigger the hands moving back.

THE GAME

- **Freeze Frame:** Parent calls "FREEZE" at the moment of contact. Check: Is the head down? [ Watch Video]
- **How to Score: 1 Point:** When you yell "Freeze," the hitter's eyes are looking exactly where the ball was on the tee, and their chin is tucked on their back shoulder.
- **0 Points:** Hitter is looking up at the net to see where the ball went.

PARENT CORNER

- **Success Signs:** Less rushed swings; cleaner contact. Knob to the catcher's feet.
- **Mistake to Avoid:** Letting their hands drift forward before the swing starts. Avoid over coaching.

WEEK 3: SEQUENCE

TEACHING PHRASE: "Feet First, Hands Last"

THE GOAL: Power starts from the ground up. The hips start, and the hands follow.

THE DRILLS

- **Step-Back Drill:** Step back with rear foot → stride forward → swing.
- **Slow Motion Swings:** Perform the full swing at 50% speed to feel the order of movement.

THE GAME

- **Sequence Call-Out:** Parent calls "Feet" (hitter strides) then "Hands" (hitter swings).

How to Score:

1 Point: If they stride on "Feet" and keep their hands perfectly still or move them slightly back.

0 Points: If their hands move forward or "creep" during "Feet" call.

Bonus Point: If they hold their finish for 3 seconds after the "Hands" call.

PARENT CORNER

- **Success Signs:** More bat speed; less "arm-only" swinging.
- **Mistake to Avoid:** Rushing. Ensure the feet move before the hands pull.

WEEK 4: DIRECTION

TEACHING PHRASE: "Through the Middle" "Chase the ball with the bat"

THE GOAL: Keeping the bat in the hitting zone longer by aiming back at the pitcher.

THE DRILLS

- **Middle Tee:** Set tee in the center; hitter must hit the ball into the center of the net.
- **Walk-Throughs:** Take a literal step toward the pitcher. Step, Step, Swing.

THE GAME

- **Middle Points:** Any ball hit into the "middle" of the field/cage/net is worth 2 points. Reward "Direction" over "Distance"

How to score: 2 Points: Line drive or hard ground ball hit directly into the center of the net (the pitcher's area)

1 Point: Any contact that isn't a swing-and - a - miss.

-1 Point: A "Roll-Over" (weak ground ball to the pull-side) or a "Pop-up" to the opposite side.

Parent Target: Play to 15 points.

PARENT CORNER

- **Success Signs:** More line drives; fewer weak grounders to the pull side.
- **Mistake to Avoid:** Chasing "home run power" by spinning off the ball.

WEEK 5: TIMING

TEACHING PHRASE: "Start Early, Swing Smooth"

THE GOAL: Even great mechanics fail without timing. This week is about being ready to hit.

THE DRILLS

- Yes-Yes Drill: Hitter says "Yes" as pitcher loads, and "Yes" as they swing. Tell your hitter: Every pitch is a strike until it proves it's a ball. Start your 'Yes' early!
- Variable Toss: Parent mixes up the speed of the front toss (fast and slow).

THE GAME

- Timing Round: 10 swings. "Loud" contact.

How to Score: 2 Points: "Loud" Contact (ball hit hard) where the hitter started their load while your arm was still moving back.

- 1 Point: Weak contact, but the hitter was "on time."
- 0 Points: A "rushed" swing where the hitter looked surprised by the ball.
- Parent Target: 15 points
- *10 Swing Push-up Challenge* (Kids love this one) - Use the same timing round above but for each loud contact the parent has to do 1 push-up. Each soft contact (Ground ball /Pop Up) the Kid does a push-up. Take 10 swings then get to pushing. Have fun with it!

PARENT CORNER

- Success Signs: Fewer rushed swings; better carryover to real games. Loud solid contact.
- Mistake to Avoid: Starting the load too late. Movement must start as the pitcher's arm moves.