



# THE ULTIMATE SWING

## 5-Week Progress Tracker

**Parent Goal:** Use these trackers to focus on the **Teaching Phrase** of the week. Remember the **Golden Rule:** Use *only* the teaching phrase and don't overcoach.

### The Practice Blueprint

- **Time:** 30–40 minutes max.
- **Flow:** Warm-Up (5m) → Drills (20m) → Game (10m) → Finish on a Win!

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### WEEK 1: Balance Hold Challenge

- **Teaching Phrase:** "Athletic and Comfortable"
- **The Task:** Swing hard and hold the finish for 3 seconds without moving feet.
- **Scoring:** 1 pt for holding the finish for 3 seconds. 0 pts for falling off balance or stepping to regain footing.
- **Parent Target:** Get 7 out of 10 points to "Pass".

Swing	1	2	3	4	5	6	7	8	9	10	Total
Score											/10

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## WEEK 2: Freeze Frame

- **Teaching Phrase:** "Hands Back, Barrel Up"
- **The Task:** Parent calls "FREEZE" at the moment of contact.
- **Scoring:** 1 pt if eyes are looking at the tee and chin is tucked on the back shoulder. 0 pts if looking up at the net.

Swing	1	2	3	4	5	6	7	8	9	10	Total
Score											/10

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## WEEK 3: Sequence Call-Out

- **Teaching Phrase:** "Feet First, Hands Last"
- **The Task:** Parent calls "Feet" (stride) then "Hands" (swing).
- **Scoring:** 1 pt for striding on "Feet" while keeping hands still or moving them slightly back. 0 pts if hands move forward/creep during "Feet" call. **Bonus 1 pt** for holding the finish for 3 seconds.

Swing	1	2	3	4	5	6	7	8	9	10	Total
Score											/20

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## WEEK 4: Middle Points

- **Teaching Phrase:** "Through the Middle"
- **The Task:** Aim for the center of the net/field. Reward "Direction" over "Distance".
- **Scoring:** 2 pts for line drives or hard grounders hit directly to center. 1 pt for any contact. -1 pt for "Roll-Overs" or "Pop-ups".
- **Parent Target:** Play to 15 points.

Attempt	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Score															

## WEEK 5: Timing Round

- **Teaching Phrase:** "Start Early, Swing Smooth"
- **The Task:** Be ready to hit early.
- **Scoring:** 2 pts for "Loud" contact with an early load. 1 pt for weak contact but "on time". 0 pts for a "rushed" swing.
- **Parent Target:** 15 points.

Swing	1	2	3	4	5	6	7	8	9	10	Total
Score											/20

## BONUS: The 10 Swing Push-up Challenge

- **Loud Contact:** Parent does 1 push-up.
- **Soft Contact (Ground ball/Pop-up):** Hitter does 1 push-up.
- **Rules:** Take 10 swings, then get to pushing! Have fun with it!

