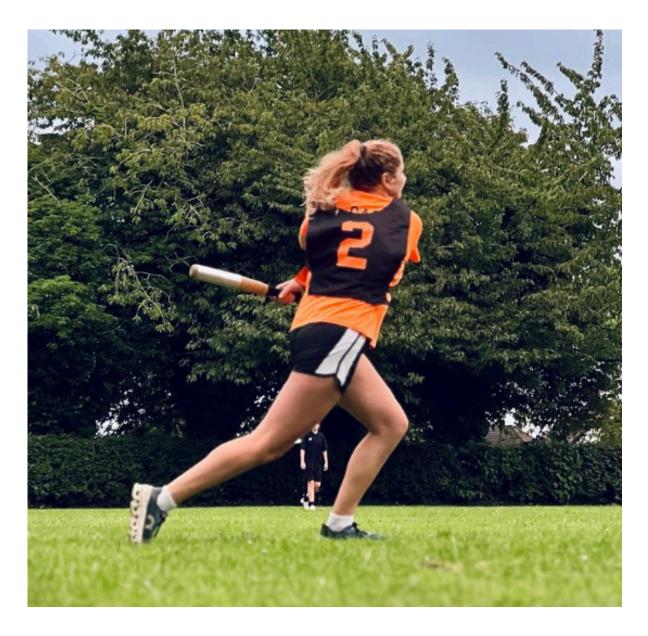


Beginners Batting Drills



Beginners Drills for Batting

Batting in rounders is all about timing, coordination, and technique. Here are some great beginner drills to improve confidence and hitting accuracy.

1. Batting Stance & Grip Practice

- Objective: Learn the correct grip and stance for controlled, powerful hits.
- ✓ How to Do It: Stand with feet shoulder-width apart, knees slightly bent.

Hold the bat with both hands, dominant hand on top. Practice swinging smoothly without a ball to develop rhythm.

Focus On: Comfort, balance, and controlled movements.

2. Drop & Hit Drill

- Objective: Improve hand-eye coordination and timing.
- ✓ How to Do It: Hold a ball in your non-dominant hand. Drop it and try to hit it with the bat before it bounces twice. Start with slow, controlled swings and increase speed as confidence grows.
 - Tocus On: Watching the ball closely and making clean contact.

3. Tee Batting Practice

- Objective: Develop accuracy and hitting technique.
- ☑ How to Do It: Place a ball on a batting tee (or improvise with a cone). Focus on swinging through the ball and aiming for a specific target. Try different hitting angles—straight, left, and right.
 - Tocus On: Making clean, controlled contact and following through.

4. Underarm Toss & Hit

- Objective: Improve reaction time and shot selection.
- ☑ How to Do It: A partner or coach tosses the ball underarm from a short distance. The batter practices hitting different shots ground shots, line drives, and high hits. Start with slow tosses and gradually increase speed.
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5. Target Hitting Challenge

- ★ Objective: Improve accuracy and shot placement.
- 🗹 How to Do It: Set up targets (cones, hoops, or markers) at different field positions. Try to direct hits toward each target. Keep score to make it fun and competitive!
 - Tocus On: Hitting with purpose and varying shot angles.

Bonus: Quick Reaction Drill

- Objective: Enhance decision-making and reflexes.
- ☑ How to Do It: A feeder calls out "Left" or "Right" just before tossing the ball. The batter must adjust and hit in the directed direction. Tocus On: Fast decision-making and controlled hitting.

These drills will help beginners build confidence, improve technique, and develop essential batting skills.





