



# 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.

🎯 Focus 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.

🎯 Focus 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.

🎯 Focus On: Timing, swing consistency, and ball placement.

### 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!

🎯 Focus 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.

🎯 Focus On: Fast decision-making and controlled hitting.

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

