

Interval Hitting Program

Phase 1 – Normal weight bat

Step 1	Step 2
No ball	No ball
50% effort	50% effort
20 dry swings	20 dry swings
REST	REST
20 dry swings	20 dry swings
	REST
	20 dry swings

Phase 2 – Hitting off a Tee

Step 1	Step 2	Step 3
Tee at waist height	Tee at waist height	Tee at waist height
50% effort	50% effort	75% effort
10 dry swings	10 dry swings	10 dry swings
25 swings middle of the plate	15 swings middle of the plate	15 swings middle of the plate
	REST	REST
	10 dry swings	10 dry swings
	15 swings inside half of plate	15 swings inside half of plate
	REST	REST
	10 dry swings	10 dry swings
	15 swings outside half of plate	15 swings outside half of plate

Phase 2 – Hitting off a Tee

Step 4	Step 5
Tee height and distance from batter varies	Tee height and distance from batter varies
75% effort	90% effort
10 dry swings	10 dry swings
20 swings middle of the plate	20 swings middle of the plate
5 at chest height	5 at chest height
10 at waist height	10 at waist height
5 just above knee height	5 just above knee height
REST	REST
10 dry swings	10 dry swings
20 swings inside half of plate	20 swings inside half of plate
5 at chest height	5 at chest height
10 at waist height	10 at waist height
5 just above knee height	5 just above knee height
REST	REST
10 dry swings	10 dry swings
20 swings outside half of plate	20 swings outside half of plate
5 at chest height	5 at chest height
10 at waist height	10 at waist height
5 just above knee height	5 just above knee height

Interval Hitting Program *continued*

Phase 3 – Soft Toss

Step 1	Step 2	Step 3
Partner 45° from hitter	Partner 45° from hitter	Partner 45° from hitter
50% effort	50% effort	75% effort
Warm-up swings	Warm-up swings	Warm-up swings
25 waist high swings from partner	10 swings waist high, middle of the plate	10 swings waist high, middle of the plate
	REST	REST
	Warm-up swings	Warm-up swings
	10 swings chest high, middle of the plate	10 swings chest high, middle of the plate
	REST	REST
	Warm-up swings	Warm-up swings
	10 swings just above knee, middle of the plate	10 swings just above knee, middle of the plate

Phase 3 – Soft Toss

Step 4	Step 5
Partner 45° from hitter	Partner 45° from hitter
75% effort	90% effort
Warm-up swings	Warm-up swings
30 swings middle of the plate	30 swings middle of the plate
10 waist high	10 waist high
10 chest high	10 chest high
10 just above knee	10 just above knee
REST	REST
Warm-up swings	Warm-up swings
10 swings inside half of plate	15 swings inside half of plate
10 swings outside half of plate	15 swings outside half of plate

*Phase 3 warm-up swings = 10 dry swings, 10 tee swings.

Phase 4 – Simulated Hitting

Step 1	Step 2	Step 3	Step 4
Partner behind “L” screen	Partner behind “L” screen	Partner behind “L” screen	Partner behind “L” screen
50% effort	75% effort	75% effort	90%-100% effort
Warm-up swings	Warm-up swings	Warm-up swings	Warm-up swings
30 swings at fastball	25 swings at fastball with random placement	25 swings at fastball with random placement	25 swings at fastball with random placement
10 middle	REST	REST	REST
10 chest high	Warm-up swings	Warm-up swings	Warm-up swings
10 above knee	15 swings at change-up with random placement	15 swings at change-up with random placement	15 swings at change up with random placement
		REST	REST
		Warm-up swings	Warm-up swings
		15 swings at curveball with random placement	15 swings at curveball with random placement

*Phase 4 warm-up swings = 10 tee swings, 10 soft toss swings.