



Example of Chaos Hitting Drills

This is a small sample of the 24 “chaos hitting drills” that are available in the [Elite Member's](#) area. These drills are specifically designed to create a challenging environment where players must make adaptations in order to be successful. These drills work to improve all five aspects of our success pyramid for hitters (pitch recognition/plan, elite bat speed, adaptability/timing, elite movements, confidence)

11.) Three plate - Set up three plates in the cage with the front and back plates about 5 feet from the middle plate. Throw each pitch at the same velocity. Have the hitter take two swings at the middle plate, two at the front plate, and two at the back plate. The actual velocity will be the same, but the perceived velocity will be different. ([several other three plate drill variations are included in the Member's Area](#))

12.) Inside/outside/take tee - Set up a tee on the inside corner out in front, one on the outside corner a bit deeper. On the hitter's load, their partner will either say “Inside” “Outside” or “Take”.

14.) Launch angle double tee - Set up a tee about mid thigh and another one about a foot in front of it and about 4 inches above it. Their goal is to hit the back ball off the front ball. This promotes a good swing path.

15.) Hot spot - Before each pitch, the pitcher gives the hitter a “hot spot” (either outside or inside). The hitter only swings at pitches in that zone that are also strikes

24.) Heavy bat plyo followed by PVC golf ball wiffle ball - Use a heavy bat to hit a plyo (heavy) ball, then switch to a PVC pipe and hit a golf ball wiffle ball. You could also do these as two stations side by side.

Check out our batting tee mini clinic here ~~~> <https://youtu.be/U7QU5RUr2MA>

[Elite Members](#) have access to all 24 hitting drills + hitting rotations that are specifically designed to enhance these drills effectiveness. Click [HERE](#) to join today!