



Hitting Instructor Checklist

Introduction to Coach Baseball Right

The founder of Coach Baseball Right, Steve Nicollerat, is an Educator, Coach, National Master Certified Epstein Hitting Instructor, who has spent 40 years of teaching and coaching. He wants to share what he has learned to help administrators, coaches, and parents keep their kids engaged and playing while helping them develop personally through baseball. That is why he co-founded Coach Baseball Right - the most trusted and most comprehensive online baseball coaching resource for administrators, coaches, and parents.

The demand for good, high-quality hitting instruction is only going to increase.

If you go to any indoor facility across the country, you'll see a lot of hitting instruction taking place. Some really good instruction and some that needs a lot of improvement. The demand for good, high-quality instruction is only going to increase. Today, many parents feel the need to provide some type of "professional" hitting instruction for their children in the hopes of keeping their kids engaged and of course to develop into better hitters.

How do you know if you are getting quality instruction?

But the most important question I feel we're not asking enough is - how do you know if you are getting quality instruction? How do you know if you are getting the best value in terms of instruction and cost? So we created this guide to help you better navigate the world of finding and keeping with a hitting instructor. As always, please feel free to contact us below if you have any questions, or comments, or even want help with hitting instruction. Our contact information is at the bottom of the guide.

Coach Baseball Right Hitting Resources

In our Member Dashboard under "Hitting Resources" we have the following free and paid hitting resources:

- Online Hitting Academy (monthly online hitting video analysis + prescriptive hitting instruction)
- Swing Like a Pro Home Hitting Program
- Hitting Basics Guide
- Common Hitting Flaws Guide
- GameSense Pitch Recognition

How to use our Coach Baseball Right Hitting Instructor Checklist?

- Use this guide as an interview resource on what to ask before hiring an instructor.
- Use this guide as a simple evaluation guide of the level of instruction you're getting.
- Use this guide as a conversation starter to help improve the level of instruction you're getting.
- If you're a hitting instructor, use this guide as a roadmap to help improve your programming.



Hitting Instructor Checklist

Hitting Philosophy and Principles

(Check all that apply to you and your hitting instructor.)

- Does your instructor have a basic hitting philosophy that is rooted in research and current “best” practices? Or is the philosophy rooted in old practices or “the way I did it”?
- Is the hitting philosophy and principles clearly posted for you and your child to see each session?
- Does your instructor describe their philosophy and its principles in a way that you can understand?
- Can your child articulate what these principles are and explain them to you?

____ / 4 (Write the number of checks you marked)

Coach Baseball Right Recommendation:

- Our Hitting Basics Guide provides a description of a fundamental hitting philosophy and principles

Your Notes:

Positive Environment and Training

(Check all that apply to you and your hitting instructor.)

- Does your hitting instructor create a climate that promotes working together with your child’s baseball coach?
- Does your instructor exhibit a positive and reaffirming relationship with your child?
- Does your instructor create an atmosphere of positive expectation?

____ / 3 (Write the number of checks you marked)

Coach Baseball Right Recommendation:

- Be present at your child’s instruction.
- Pay attention to how the instructor communicates, the tone he/she uses and the clarity of explanation.

Your Notes:



Hitting Instructor Checklist

Specific, Measurable, and Attainable Goals

(Check all that apply to you and your hitting instructor.)

- Are there specific and meaningful goals that can be attained by your child as a result of instruction?
- Does the instructor communicate and measure goal completion?

____ / 2 (Write the number of checks you marked)

Coach Baseball Right Recommendation:

- Types of Goals: You and your child should...
 - Read his/her own video and know which drills to use to help his/her swing.
 - Identify commonalities in good hitters
 - Identify common hitting flaws
 - Create and implement a hitting approach
 - Understand the value of pitch recognition
 - Create a batting practice that compliments his/her approach
 - Understand relationship between proper timing and swing mechanics

Your Notes:

Use of Video

(Check all that apply to you and your hitting instructor.)

- Does your instructor film video and other video to teach swing movements?
- Can you and your child analyze video and recognize what should be happening at different parts of swing?

For example:

- Front toe (stride length, front shoulder down, bat knob loaded to catcher, no bat wrap, balance)
- Front heel plant (torque or separation, front shoulder down)
- Hands' position as it relates to ball at the point of contact

____ / 2 (Write the number of checks you marked)

Coach Baseball Right Recommendation:

- Ask your instructor if he/she will use video when teaching swing movements?
- Does your instructor have a handout that can be used to "break" the swing down?

Your Notes:



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Online Instruction

- Does your instructor provide any online software for you and your child to work on at home?
 - Are you hitting instruction or swing instruction (swing instruction talks about mechanic of swing, hitting instruction covers swing, bunting, commonalities, flaws approach, proper batting practice, pre pitch and in pitch adjustment)

____ / 1 (Write the number of checks you marked)

Coach Baseball Right Recommendation:

- Parents should be aware of the difference between hitting instruction and swing instruction. Our Coach Baseball Right Hitting Guide provides a detailed look at hitting instruction. This is a much wider knowledge base than swing instruction.

Your Notes:

Hitting Commonalities

- Can you and your child identify commonalities of many high level hitters, specifically?
 - What should the stride length be?
 - What the front shoulder lower than back shoulder to heel plant
 - Torque
 - Back knee going toward front knee
 - Back toe drag
 - Front leg lock up
 - Staying back
 - Plane pitch

____ / 1 (Write the number of checks you marked)

Coach Baseball Right Recommendation:

- Check out our video on Commonalities of Good Hitters. This can be found in the Hitting Resources Section. (we need to put this here)

Your Notes:



Hitting Instructor Checklist

Hitting Flaws

Can you and your child identify common hitting flaws and know how to avoid these?

- Swing down on ball
- Squishing the bug
- Bat drag
- Front arm bar
- Balance

____ / 1 (Write the number of checks you marked)

Coach Baseball Right Recommendation:

- Our Common Hitting Flaw Guide addresses these common flaws and recommends a few drills to work on to correct these flaws. This can be found in our Hitting Resource section.

Your Notes:

Hitting Approach

Do you and your child understand what a sound and proper "hitting approach" is when hitting?

- Younger players (ages 4-6) should swing at anything they can reach
- Players (ages 7-9) should swing at strikes and not swing at pitches that are not strikes
- Players (ages 10-14) should know what they like to hit and look for that until 2 strikes
- Players (14+) approach is based on 3 things
 - What the hitter likes to hit
 - What the pitcher is capable of throwing for strikes
 - What the situation is in the game and count

Does your instructor implement proper batting practices so the hitter can "practice" making decisions need to be made based on his approach

____ / 2 (Write the number of checks you marked)

Coach Baseball Right Recommendation:

- An approach is the player's thought process as he/she steps into the box to hit. Approaches to hitting will change as the player advances in age. For a complete explanation check out our Hitting Guide.

Your Notes:



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Pitch Recognition

- Does your instructor work on any type of pitch recognition?
- identify fast ball from curve ball out of hand (baseball)
 - identify strikes and balls as quick as possible
 - identify yes or no on pitches that match their approach as quick as possible

____ / 1 (Write the number of checks you marked)

Coach Baseball Right Recommendation:

- Use the online pitch recognition software from GameSense.
- Create your own pitch recognition experience on your iPad.
 - Phase 1 Identify pitch out of hand (curveball vs fastball)
 - Phase 2 Identify strikes and balls out of the hand
- Have your players step in on your pitchers when the pitchers are throwing a bullpen.

Your Notes:

Hitting Pitches

- Does your instructor discuss hitting pitches in different locations?
- In, out, up, down
 - How is the body different for these?

____ / 1 (Write the number of checks you marked)

Coach Baseball Right Recommendation:

- Hitters have to understand the proper position of the body to hit pitches middle in vs. middle away.
- Check out our Hitting Guide for more information.

Your Notes:



Hitting Instructor Checklist

Hitting Adjustments

Does your instructor teach pre pitch adjustment?

- Count is 0-1 and I know an off speed is coming, how can the hitter make this adjustment?
- Hitter has 2 strikes, pitcher has good fast ball and good off speed, hitter has to look for fast ball, but gets off-speed--how can hitter make in pitch adjustment

____ / 1 (Write the number of checks you marked)

Coach Baseball Right Recommendation:

- Pre Pitch adjustment implies anticipating a pitch

Your Notes:

Bunting

Does your instructor teach proper bunting techniques?

- Sacrifice Bunt
- Bunt for a Hit

____ /1 (Write the number of checks you marked)

Coach Baseball Right Recommendation:

- Proper footwork is a must when bunting properly. Bunting to 1b requires different footwork than bunting to 3b.
- Hitters will pre set the bat angle when bunting. To bunt to 1b, pre set bat so it is parallel to 3b line. To bunt to 3b, pre set bat so it is parallel to 1b.
- Posture (head, eyes and ball on one plane). Hitter should be in a position where eyes, bat and ball are all on one plane.

Your Notes:



Hitting Instructor Checklist

Use of Drills and Ball

- Does your instructor use scaffolded or progressive drills to build swing movements before using a ball?

____ / 1 (Write the number of checks you marked)

Coach Baseball Right Recommendation:

- Use swing movements BEFORE throwing a ball at hitter to teach the feel before hitting a ball
- Our Swing Like a Pro Hitting Program gives a 20 day drill plan to help develop swing movements

Your Notes:

Assigned Work

- Does your instructor assign drills for your child to work on in-between instruction sessions?

____ / 1 (Write the number of checks you marked)

Coach Baseball Right Recommendation:

- Our Swing Like a Pro Hitting Program gives a 20 day drill plan to help develop swing movements
- Our Online Hitting Academy gives you an analysis of your child's swing, then we assign specific drills to work on for the month to correct and/or maintain their swing.
- Specific assigned work for the hitter to do between lessons. Specific drills for specific purposes are assigned to the player to be done between lessons. The number of reps is not near as important as the quality of each rep when doing the drill. Hitters should focus on one specific purpose when doing each rep.

Your Notes:



Hitting Instructor Checklist

What is Coach Baseball Right Recommendation on scoring the Hitting Instructor Checklist?

Based on your evaluation marks in each category, we would recommend the following actions.

- **22 points possible**, if your assessed point total falls between:
 - 18-22, high quality hitting instruction
 - 13-17, average hitting instruction
 - 12 and below, poor hitting instruction

Score	
(Enter the number from each category you assessed and total below)	
	Hitting Philosophy and Principles
	Positive Environment and Training
	Specific, Measurable, and Attainable Goals
	Use of Video
	Online Instruction
	Hitting Commonalities
	Hitting Flaws
	Hitting Approach
	Pitch Recognition
	Hitting Pitches
	Hitting Adjustments
	Bunting
	Use of Drills and Ball
	Assigned Work
	Total



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