**Stride Drill**

**Purpose:**  
Helps players isolate the stride and understand the important parts of the stride.

**Equipment:**  
Bat and helmet.

**Setup:**  
This drill can be done as a group with no bats or a batting practice station.

**Execution:**  
Each player will get into his stance  
  
The coach will simulate a windup and deliver an imaginary pitch.  
  
The player will then coil, stride, and then freeze.  
  
Things to watch for:

* Is most of the weight still back. Make sure they are not lunging.
* Are the hands still back.
* Have the hands dropped.
* Is the body still in the same basic alignment. Sometimes players will bend their knees or bend over during the stride.
* Is the head still at the same height.

Have the player repeat the drill, stepping out of the box and getting the sign from the third base coach each time.