**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.