**Coil Drill**

**Purpose:**
Helps players develop a routine for getting into the box, getting into their stance and coiling. Also develops the timing used when coiling.

**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 the proper grip on the bat and step into an imaginary batters box (use a glove to simulate a plate).

Each player will take their stance and get ready for the pitch.

Coach will simulate a windup and deliver an imaginary pitch. The hitter will work on his coil and freeze when he has completed it.

Things to watch for:

* Proper grip.
* Does the player look comfortable and relaxed.
* Is the weight shift enough or too much. Example: Hitter should not be rolling the weight onto the outside of the back foot (too much).
* Is the player wrapping the bat.
* Are the hands going up and back or are they dropping.
* Can the hitter still see well. Sometimes players will turn in their lead shoulder and hip too much, which will cause the head to turn also. When the player freezes, check to see that you can see both eyes.

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