**Fence**

**Purpose:**  
Helps develop a short quick swing, especially effective for helping players hit an inside pitch.

**Equipment:**  
Bat and helmet; Fence area where a player can swing freely.

**Setup:**  
This drill can be used as a batting practice station.

**Execution:**  
The hitter faces parallel to the fence less then one bat length away. (Make sure the player is not standing where they could strike a fence post with the bat.) Hitter imagines an inside pitch and swings the bat dragging the bat head behind the hands until out in front of the body and then extending the bat head out toward the imaginary ball.   
  
Note: This drill is helpful at every level, but can be especially helpful with young hitters that tend to loop the bat as they swing.