

Interval Baseball Hitting Program

Phase	Step	Criteria for Progression
Phase 1 Basic: Hitting off of Tee	Step 1	Tee set-up: ball placement middle of plate and at waist height Perform 25 swings at 50% of effort Concentration should be placed on addressing mechanics of the baseball swing
	Step 2	Tee set-up at waist height 50% effort 15 swings middle of plate 15 swings tee set-up inside corner of plate 15 swings tee set-up outside corner plate
	Step 3	Tee set-up at waist height 75% effort 15 swings middle of plate 15 swings tee set-up inside of plate 15 swings tee set-up outside of plate
	Step 4	75% effort 20 swings middle of plate consisting of: <ol style="list-style-type: none"> 1. 5 swings letter/chest height 2. 10 swings waist height 3. 5 swings just above knees 20 swings inside corner of plate consisting of: <ol style="list-style-type: none"> 1. 5 swings letter/chest height 2. 10 swings waist height 3. 5 swings just above knees 20 swings outside corner plate consisting of: <ol style="list-style-type: none"> 1. 5 swings letter/chest height 2. 10 swings waist height 3. 5 swings just above knees

	Step 5	Repeat Step 4 90%-95% effort 20 swings middle of plate consisting of: <ol style="list-style-type: none"> 1. 5 swings letter/chest height 2. 10 swings waist height 3. 5 swings just above knees 20 wings inside corner of plate consisting of: <ol style="list-style-type: none"> 1. 5 swings letter/chest height 2. 10 swings waist height 3. 5 swings just above knees 20 swings outside corner plate consisting of: <ol style="list-style-type: none"> 1. 5 swings letter/chest height 2. 10 swings waist height 3. 5 swings just above knees
Phase 2 Basic: Soft Toss *prior to performing each step in phase 2, perform 10-15 swings off of tee as a warm-up	Step 6	Soft toss (underhand toss) 25 swings at 50% effort with partner, set-up at 45 degrees away from hitter. Hitter will be hitting into net or cage Placement of ball should be at waist and middle of plate Concentration should be placed on addressing mechanics of the baseball swing
	Step 7	50% effort 10 swings with ball placed at waist height & middle of plate 10 swings with ball placed at letters height & middle of plate 10 swings with ball placed just above the knee & middle of plate
	Step 8	Repeat Step 7 75% effort 10 swings with ball placed at waist height & middle of plate 10 swings with ball placed at letters height & middle of plate 10 swings with ball placed just above the knee & middle of plate

	Step 9	75% effort 30 swings middle of plate consisting of: <ol style="list-style-type: none"> 1. 10 swings waist height, middle of plate 2. 10 swings ball chest/letters height, middle plate 3. 10 swings ball just above knees, middle of plate 10 swings with ball placed for outside corner 10 swings with ball placed for inside corner
	Step 10	90%-95% effort 30 swings middle of plate consisting of: <ol style="list-style-type: none"> 1. 10 swings waist height, middle of plate 2. 10 swings ball chest/letters height, middle of plate 3. 10 swing ball just above knees, middle of plate 15 swings with ball placed for outside corner 15 swings with ball placed for inside corner
Phase 3 Basic: Simulated Hitting *prior to performing each step in phase 3, perform 10-15 swings of soft-toss *the partner should use an "L" screen for protection	Step 11	This phase should be performed in a batting cage or on the field 30 swings of fastballs consisting of: 10 inside, 10 outside, 10 middle of plate Height of pitch can be left randomized Perform at 50% effort
	Step 12	75% effort In cage/on field 25 swings against fastballs; randomized placement 15 swings at change-ups; randomized placement
	Step 13	75% effort In cage/on field 25 swings against fastballs; randomized placement 15 swings against change-ups; randomized placement For ages 14 and above add in 15 swings against curveballs

	Step 14	90%-100% effort 25 swings against fastball; randomize placement 15 swings against change-ups; randomized placement For ages 14 and above add in 15 swings against curveballs
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