



How To Improve Your Bat Speed 4 MPH in 5 Minutes

We all know that bat speed is vitally important to a player's success. The faster the bat speed, the greater the impact on the ball.

Improved bat speed = improved power = improved results = improved career.

It's what all parents want to know – how can I increase my son's bat speed?

And my answer used to be – “Well, here are the drills my coaches had me do when I played.”

And while some of these drills were helpful....

Many of them didn't help at all!

In fact some seemed to decrease bat speed!

How do I know this?

Because with the advancement of technology, I started measuring the results.

But there's good news,

I have found the best drills and techniques that are **PROVEN** to increase bat speed.

....rather quickly I might add.

(on average 4 MPH after the first two drills alone, and a whopping 7-8 after all six!)

We measured the results with the Max Barrel MPH feature on the [Swingtracker device made by Diamond Kinetics](#).

(What you measure improves, so I'd recommend picking up this device or something similar. [Blast Motion makes a similar product](#) that I have heard good things about but haven't used myself). To the drills....



How To Improve Your Bat Speed 4 MPH in 5 Minutes

Drill #1 - INTENT

This isn't so much of a drill as it is a mindset shift. This is the #1 most common problem I see from hitters I work with. They just don't practice swinging hard enough. Most are just content to let their swing coast at about 85-90% of their max.

Shawn Green wrote in his book, *The Way of Baseball* – that when he first made it to the big leagues his hitting coaches were trying to make mechanical adjustments for him to hit with more power.

But it didn't work.

Do you know what did work?

Trying to hit more home runs in batting practice! (To CF, not pull)

His batting practice went from a casual workout to being far more violent and he'd be sopping with sweat after it was over.

And he took himself from a skinny doubles hitter to a 40+ HR per season guy.

So that's what will improve your bat speed the fastest.

You may be thinking, "Isn't that over-swinging? Should I really be doing that?"

Here's the key – during games you'll need to let your body swing the bat as it is

comfortable, which will probably be at about 90% of your max.

But you cannot stretch and grow your max without getting outside of your comfort zone.

And nothing – not even getting bigger and stronger – has shown to increase max bat speed more than practicing swinging VERY hard.

It sounds too simple right?

But it's amazing to watch. It's funny how many problems fix themselves when a player is REALLY getting after it – balance is better, the load is better, everything.

There are great times to take half speed and regular speed swings on the tee...this is not one of them!

SWING. HARD.

No, HARDER. 😊

RX: 1 round of 8-10



How To Improve Your Bat Speed 4 MPH in 5 Minutes

Drill #2 - HITTING WEIGHTED BALLS

This drill really locks in the mindset shift from the first drill.

Inevitably when you tell a player “Swing as hard as you possibly can”, they do a really good job to start, but after just 3-4 swings they will start to coast back to below their max.

You have to continually remind them to make this rep the best one yet.

Except when you use the weighted balls, in which case the results speak for themselves.

Here are the balls we use, they’re filled with sand and are GREAT!

(f you don’t have weighted balls, you can also use a soccer ball or basketball, though they don’t stay on the tee as well and also jump off the bat better even with lackluster swings – so you’d want to deflate it a bit).

You cannot coast when hitting these balls off of the tee, or else they go nowhere.

In fact, I like to remove the net and get about 10’ in front of the hitter and say “Hit it over my head”.

You can scoot forward and back as needed.

“Come on, grit your teeth if you have to, let’s go! Hit it over me!”

This always produces the best swings. 😊

RX: 1 round of 8-10

These two drills alone have increased our player’s bat speed’s an average of 4.5 MPH of bat speed – in a total of 5 minutes.

So give it a try and let me know how it goes. And if you want to see the remaining drills which have added ANOTHER 3 MPH in just 15 minutes– (that’s averaging a 7.5 MPH improvement in just 20 minutes) – [check out this link.](#)

Best of luck – SWING HARD!

Clint McGill

Baseballnotes.co

[@baseballnotes on Facebook](#)