



HITLASERS.COM



GUIDES YOU TO A POWERFUL SWING

## 20 MINUTE LASERS. BASEBALL HITTING PROGRAM



EXOPRECISE RESISTANCE TRIGGERS BAT SPEED

### HIT YOUR WAY

Our baseball swing trainer works for all swings, therefore, you can practice as normal, seamlessly integrating with your hitting method. 20 Minute Lasers, is a free access baseball hitting program from the inventor of our Laser Power Swing Trainer, Clinton Balgera, providing one example, of the infinite ways you can train. 20 Minute Lasers, is a form of his groundbreaking Multi-Swing Method.

## STEP 1. BASIC DRILLS FOR BEGINNERS

### POWER BATTING STANCE DRILL



### HITTING DRILL 1

Squeezing your knees toward the middle of the balance ball.

- Sets: 2
- Repetitions: 10

### TIPS

- Squeeze your knees toward the centre of the balance ball for 10 repetitions.
- Remove the ball, and spread out past shoulder width.
- Imagine the balance ball between your legs, and squeeze your knees toward each other.

[Visit HitLasers.com/Step-1/](https://hitlasers.com/Step-1/) to learn more about this drill

## 20 MINUTE LASERS. BASEBALL HITTING PROGRAM

### STEP 1. BASIC DRILLS FOR BEGINNERS



#### HITTING DRILL 2

Tuning your core, and staying connected.

- Sets: 2
- Repetitions: 10

#### TIPS

- Right hand hitters pick up your right leg, and turn, holding the bat in your right hand.
- Left hand hitters pick up your left leg, and turn, holding the bat in your left hand.

[Visit HitLasers.com/Step-1/](https://HitLasers.com/Step-1/) to learn more about this drill

### STEP 1. BASIC DRILLS FOR BEGINNERS



#### HITTING DRILL 3

Turn the front knee in, rotate your back leg.

- Sets: 2
- Repetitions: 10

#### TIPS

- Start your swing load using your core, turning your front knee in.
- Turn your back leg from your hips; keep your hands back, and don't swing.
- Avoid "knees, over toes;" instead, load against your back foot, engaging your core, and improving balance.

[Visit HitLasers.com/Step-1/](https://HitLasers.com/Step-1/) to learn more about this drill



## 20 MINUTE LASERS. BASEBALL HITTING PROGRAM

### STEP 2. ONE HAND ISOLATION DRILLS



#### HITTING DRILL 1

##### LASER BEAM. TOP-HAND SIDE TOSS

- Rounds: 1
- Swings: 10-20
- Beginner Location: Middle of home plate, belt high
- Advanced Location: Inside of home plate, belly button high
- Optional Drills: Tee-drill, front toss, and heavy bat

#### TIPS

- Relax, track the ball, and "stay within yourself" (avoid overswinging).
- Aim to hit the baseball up the middle.

[Visit HitLasers.com/Step-2/](https://hitlasers.com/Step-2/) to learn more about this drill

### STEP 2. ONE HAND ISOLATION DRILLS



#### HITTING DRILL 2

##### LASER LINEA. BOTTOM-HAND SIDE TOSS

- Rounds: 1
- Swings: 10-20
- Beginner Location: Middle of home plate, belt high
- Advanced Location: Advanced Location: Outside of home plate, knee high
- Optional Drills: Tee-drill, and front toss

#### TIPS

- Focus on your hips controlling your swing, relying less on your arms.
- Control the barrel of the bat at contact, improving your contact accuracy; hand and eye coordination.

[Visit HitLasers.com/Step-2/](https://hitlasers.com/Step-2/) to learn more about this drill

## 20 MINUTE LASERS. BASEBALL HITTING PROGRAM

### STEP 3. COMPACT BATTING PRACTICE



#### HITTING DRILL

##### LASER BLAST SIDE TOSS

- Rounds: 1
- Swings: 10-20
- Beginner Location: Middle of home plate, belt high.
- Advanced Location: Inside of home plate, belly button high.
- Optional Drills: Tee-drill, front toss, heavy bat, on-field batting practice, and intrasquad hitting.
- Optional Resistance Setting: Reduce the size of your baseball swing trainer, increasing the resistance to fix a long, reaching, lunging, and casting baseball swing; guiding you to compact, fastball hitting mechanics.

[Visit HitLasers.com/Step-3/](https://hitlasers.com/Step-3/) to learn more about this drill

### STEP 3. COMPACT BATTING PRACTICE



#### TIPS

A dominant fastball reduces reaction time, therefore, a short, and flat baseball swing follow through; is your only option for success!

- Minimize swing movement to isolate your core power.
- Hitting the baseball closer to your body, avoid an early release of your top-hand during your follow through. In this case, using a long, and loopy one hand swing follow through is an unnatural movement; making it difficult to hit a dominant fastball.
- If you're deliberately using long, and loopy baseball swing follow through, and don't want to change your method; we recommend this style of Laser Blast batting practice for a "backup plan," confronting the best pitchers in clutch situations.



## 20 MINUTE LASERS. BASEBALL HITTING PROGRAM

### STEP 4. HOME RUN, AND 2 STRIKE HITTING



#### HITTING DRILL

##### LASER WHIP SIDE TOSS

- Rounds: 1
- Swings: 10-20
- Beginner Location: Middle of home plate, belt high.
- Advanced Location: Outside of home plate, knee high.
- Optional Drills: Tee-drill, front toss, on-field batting practice, and intrasquad hitting.
- Optional Set Up: Raise your back elbow in your batting stance, creating extra resistance to increase bat speed.

[Visit HitLasers.com/Step-4/](https://HitLasers.com/Step-4/) to learn more about this drill

### STEP 4. HOME RUN, AND 2 STRIKE HITTING



#### TIPS

- Extending to hit a belt high, and middle contact zone is the simplest swing to master, therefore, you can decide to use a one, or two hand baseball swing follow through; depending on your top, or bottom hand dominant swing strength, refer to our Multi-Swing method to learn more.
- To improve plate coverage, and power for "low and outside" contact zones, release your top-hand as you feel pressure on you back shoulder, before it overextends; strengthening your bottom hand.
- If you're deliberately using 2-hand grip follow through, and don't want to change your method; we recommend this drill for a "backup plan," confronting a dominant fastball pitcher, who also delivers late-breaking sliders, split fingers, or change ups; handy for expanding your strike zone, with a two-strike batting count.

## 20 MINUTE LASERS. BASEBALL HITTING PROGRAM

### STEP 5. GAME DAY BAT TRAINING



#### HITTING DRILL

##### FREE SWING. COMPARISON DRILL

- Rounds: 1
- Swings: 10-20
- Beginner Location: Middle of home plate, belt high.
- Advanced Location: Inside, and outside of home plate, knee, and belly button high.
- Optional Drills: Tee-drill, front toss, on-field batting practice, and intrasquad hitting.

[Visit HitLasers.com/Step-5/](https://hitlasers.com/Step-5/) to learn more about this drill

### STEP 5. GAME DAY BAT TRAINING



#### TIPS

The previous steps coaches you to hit all pitch locations for power. Step 5 is a comparison round, remove your Laser Power Swing Trainer, and wear around your waist; noticing an instant increase in bat speed, and power.

- Advanced players, hit the baseball in multiple locations, for example, "up and inside," and "low and outside;" and learn how to hit challenging pitch locations for power.
- Coaches, avoid forecasting the pitch location, allow the players to "close their mind, and open their eyes," improving reflexes, and instinct; critical for hitting in clutch situations on game day.