



FleetForge
Sports & Development

FREE GUIDE · YOUTH HITTING

Fix Your Swing

The three most common swing breakdowns and how to fix them. No expensive lessons. No fancy software. Just a tee, a phone, and 10 minutes a day.

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INTRODUCTION

If your swing is broken, this is where you start.

Most kids don't have a hitting problem. They have three hitting problems, and they all show up at once. The bat drags, the front side flies open, the head pulls off the ball. Three things at once feels overwhelming. But they're connected. Fix one and the others get easier.

This guide walks through the three most common swing breakdowns I see in youth and high school hitters, and gives you a simple way to spot each one and fix it. Each fix takes about 10 minutes of focused work in the cage or off a tee. You don't need a hitting coach. You don't need video software. You need a phone, a tee, and a little patience.

If a kid is struggling at the plate, start here. Don't add more swings. Fix the swing they have.

HOW TO USE THIS GUIDE

Diagnose first. Watch the hitter take 5 swings off a tee, slow motion video on a phone.

Pick one fix. Don't try to fix all three at once — that's how kids get worse.

Give it two weeks. Real swing changes take reps. Don't bail after a couple sessions.

FIX 1

The bat drag

What it looks like

The hitter starts their swing with the lower body — hips fire — but the bat lags way behind. By the time the bat gets to the zone, the ball is already past. You'll see late contact, weak ground balls to the opposite field, and lots of foul tips off the end of the bat.

If you slow down the video, you'll see the back elbow flare out behind the body and the hands stay inside the back shoulder while the hips have already fully rotated. That's bat drag. It's the most common power leak in youth hitters — and the most fixable.

Why it happens

Almost always one of two things: the hitter is gripping the bat too tight (squeezing the handle locks up the wrists) or they're trying to muscle the bat through the zone with their arms instead of letting the body's rotation pull the bat. Either way, the connection between the back elbow and the torso has been broken.

The fix: connection drill

Step	What to do	What to watch
1	Take normal stance, batting glove tucked between back elbow and ribs	Glove must stay pinned
2	Take a slow tee swing at 50% effort	Glove falls? Bat drag returning.
3	Repeat 10 times at 50%, 5 at 75%, 5 at game speed	Glove stays the whole time
4	Remove glove. Take 5 normal swings.	Feel the same connection
5	Repeat the full sequence 3×/week for 2 weeks	Watch ball flight change

CUE THAT WORKS

Tell the hitter: "Show your back armpit to the pitcher."

That single image fixes more bat drag than 100 reps of mechanical instruction. Try it.

FIX 2

Flying open

What it looks like

The front shoulder pulls out before the hands get to the zone. The hitter looks like they're trying to steer the ball to pull-side. Common results: weak fly balls to the pull side, rollovers to short, and the dreaded "can't catch up to the fastball" look.

It's especially common in kids who watched a older brother or pro hitter swing for the fences. Pulling off the ball feels like you're swinging hard. It's actually the opposite — it cuts the swing in half.

Why it happens

Two common causes. First: the hitter is anxious to see the result, so the head pulls toward where they want the ball to go before they've actually hit it. Second: the front foot lands open instead of square, which automatically opens up the hips and chest before contact.

The fix: opposite-field tee work

This sounds counterintuitive, but the fastest way to stop a hitter from pulling off the ball is to make them hit the ball the other way on purpose. They can't pull off if the target is behind them. After two weeks of this, when they go back to hitting normally, the head and shoulder stay on the ball naturally.

Step	What to do	What to watch
1	Set tee on the inside corner, ball at belt height	Standard inside tee work
2	Aim for the opposite-field gap on every swing	No pulling allowed, even on inside pitch
3	Take 15 swings, all opposite field	Quality over quantity
4	Move tee to middle. 10 swings up the middle.	Stay through the ball
5	Last 10 swings: hitter chooses, but stay tall	Should feel locked in

CUE THAT WORKS

"Hit the ball after it crosses the plate." Most kids try to attack the ball too early.

If you tell them to wait until it's past the plate, they actually hit it on time — because their brain over-corrects.

FIX 3

Pulling off the ball with the head

What it looks like

Different from flying open with the body — this one is just the head. The hitter watches the pitch all the way in, then the eyes (and head) snap toward where they're hitting before contact. On video you'll see chin moving from over the front shoulder to over the back shoulder.

Result: lots of swings and misses on pitches the hitter should be crushing. They had it tracked, then they pulled off. It's frustrating because the at-bat looked good until the very last split second.

Why it happens

Anxiety. The hitter wants to see what happens. They're already projecting forward to watching the ball jump off the bat. The fix isn't mechanical — it's a focus drill that forces the eyes to stay down through contact.

The fix: chin-on-shoulder drill

Step	What to do	What to watch
1	Set up off a tee, normal stance	Eyes locked on ball
2	Mark the chin position: chin touches front shoulder pre-swing	This is the start position
3	Take a swing. Hold the finish. Where is the chin?	Should still be near front shoulder
4	If chin moves to back shoulder: failed rep	Don't count it
5	Get 10 "good reps" in a row. That's the set.	Resets to zero on every failed rep

CUE THAT WORKS

"See the bat hit the ball."

You can't watch the ball hit the bat unless your head stays down. Make this the last thing they hear before every swing.

WRAP-UP

Your two-week plan

Week	Mon	Wed	Fri	Sat
Week 1	Fix 1: Connection drill	Fix 1: Connection drill	Fix 2: Opp-field tee	Live BP, just feel
Week 2	Fix 2: Opp-field tee	Fix 3: Chin-on-shoulder	All three (5 reps each)	Game / live BP

The thing nobody tells you

Hitting is the hardest skill in sports. A great big-league hitter fails 7 out of 10 times. Your kid will fail more than that. Don't measure success by results in one game or one weekend. Measure it by whether the swing is getting better — cleaner contact, better path, less pulling off. Results follow process. Trust the process and the hits will come.

Three things to remember

1. One fix at a time. Trying to fix everything makes everything worse.
2. Slow swings beat fast swings. If they can't do it at 50%, they can't do it at game speed.
3. Trust your eyes. If something looks off in slow-mo video, it is. Believe the camera.

READY FOR MORE?

This guide covers the three most common swing breakdowns. The full HitForge ebook library at fleetforgegroup.com goes deeper — swing path, pitch recognition, situational hitting, two-strike approach, and a full at-bat tracking system.

And the Arm Care Blueprint is free. Always. Every kid deserves to know how to take care of their arm.