

Find out 5 Keys that Will Help Your Hitters Start Hitting Those Riseballs

By Cindy Bristow

Riseballs are so hard for most batters to hit because they're so tempting. Hitters see this pitch coming near their hands at about eye level and it's virtually impossible for them to let the pitch go by. As a result, too many hitters end up either swinging and missing at pitches that go over their heads, or else popping up the rare pitch they do get a hold of. Well let's look at some ways to help your batters start hitting those riseballs, and hitting them hard!

While hitting a riseball can be tough, that doesn't mean it's impossible. There are some things that batters can do to help make hitting this pitch a lot more likely. Let's look at 5 keys for making it possible, and sometimes even easier to hit that brutal riseball:

1. **If Your Hitter is Disciplined then Have Her Move Back In the Box**
2. **Go Up to Bat Expecting to See High Pitches** - if the riseball is this pitcher's favorite pitch then go up to bat expecting to see it, and see it a lot
3. **Make the Pitcher Throw the Ball Below Your Hands** - remind your batter that any pitch coming hand-high or higher she should let it go by
4. **Swing at Nothing Above Your Hands** - your hands are also the top of the strike zone
5. **Keep Your Front Elbow Slightly Above the Ball During Swing** - don't let the front elbow fly straight up as this will help prevent swinging under the ball and popping everything up. And avoid trying to swing level on this pitch as hitter's always have their elbows slightly higher than their hands and their hands slightly higher than the barrel at contact. The same is true when hitting a riseball, so if hitters try to swing level they'll end up topping this pitch and hitting a weak ground ball

In addition, have your players practice by using a High T. To do so simply place a batting T on a bucket so the ball is about mid-chest to shoulder height and have them work on hitting the ball out near their front foot, and driving the ball hard forward and slightly up. Make sure your hitters work on keeping their hands slightly above the ball and driving through the ball, instead of trying to swing level, which isn't what you do when you hit any type of pitch.