



HITTING BASICS

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Stance

- Weight on balls of feet in athletic position (approximately shoulder width)
- Keep knees flexed like you are going to shoot a basketball or make a tackle
- Weight should be inside knees
- Keep hands in a spot near the back shoulder or where they are comfortable
- Shoulders over knees, knees over balls of feet (good athletic position)
- Grip should be in fingers. Stay loose in hands during setup

Load

- For better timing it is good to have a consistent load going back before starting swing
- Many different loads work for different hitters (examples: leg lift, knee cock, tap step, weight shift, hand load, among others)
- Generally when the pitcher breaks hands, hitter starts load. Timing will vary depending on hitters load and pitchers speed to plate.
- Stride lengths will vary depending on size and personal preference of hitter.

Touchdown

- The position when hitter's heel hits the ground and is ready to begin the swing.
- Weight should be inside back knee with approximately 60-40 distribution back
- Hands near back shoulder with bat angle approximately 45 deg. overhead and 45 deg. angle over back shoulder.
- This should be the strongest position of the swing. Equal to position to throw a punch or throw a ball as far as possible.

Swing Path

- The shortest, most direct path to ball is ideal.
- From strong touchdown position, the back knee/hip fire forward and down
- At same time hands start toward zone with a downward move.
- Initial move with hands leads barrel on a short, flat path to and through zone
- Try to avoid having front hip or shoulder start the swing. (Leads to longer path)
- Very important to use legs forcefully to help hands in swing.
- Maintain good balance and head discipline throughout swing.

Follow through

- With good mechanics in load and swing, it is easier to have better extension
- Keep barrel of bat on plane of ball as long as possible.
- This is made easier by using legs properly and keeping good balance.
- Finishing swing at or just below front shoulder generally good for best extension

General

- Hit like an athlete, not a robot.
- Stay relaxed in the box.
- Hit with good rhythm and balance.