

6 STEPS TO THE PERFECT SWING

1. Find the Ball

Batter must locate the ball immediately after it leaves the pitcher's hand.

2. Eyes-Bathead-Ball

Eyes should be focused directly on the bathead when contacting the ball.

3. Shoulder to Shoulder

The chin should stay stationary and touch each shoulder during the swing.

4. Weight Balance

Weight should be on the back foot. Stand on the ball of the front foot.

5. Drive the Back Hip Forward

Pivot the back foot and rotate the hips toward the pitcher for added hitting power.

6. Take a Picture

Hips and knees should form a triangle and "take a picture" of the ball as it comes into the strike zone.

