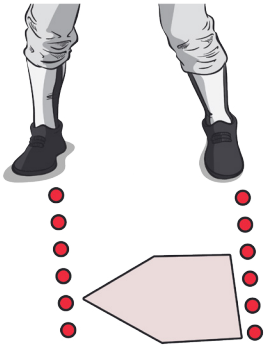


5 KEYS TO AN EFFECTIVE BATTING STANCE

1



Align your feet with the front and back of home plate. Feet should be approximately shoulder-width apart.

2

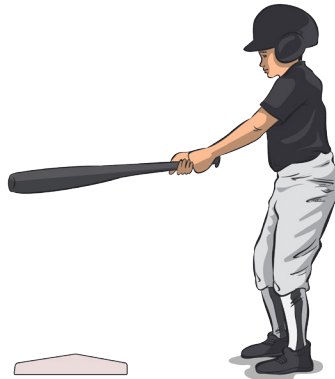


Plate coverage - Be sure your bat when extended covers the entire plate.

3



Bat should be gripped in the fingers not the palms. Line up knuckles big to small.

4



Check your angles - your body should form two 45 degree angles: Shoulder-Hip-Knee and Hip-Knee-Heel.

5



Front arm should be at a 90 degree angle or in a "L" position. Your chin should be resting on your shoulder so your eyes are toward the pitcher.