Hitting Fundamentals

~ Slow to fast
~ Look inside, adjust out
~ Look high, adjust low
~ When pitcher goes back, you go back; When they go forward, you go forward

1. Stance

- Grip – loose, in fingers, don't palm it, knocking knuckles close to being lined up
- Bat Launch position – hands & head consistent distance, bat at about 45° by ear
- 2 Eyed look – level with ground
- Athletic Stance
- Equal bend in knees (Good Balance)
- Shoulders square to the plate

2. Negative Move (Corresponds to the Load)

- Linear move back
- Shoulders level & equal to plate

3. Positive Move to toe touch & heel plant

- Head is centered over body and slightly in front of belt buckle
- Hips are still flat to the plate
- Back knee pinching in

4. Toe Touch

- In line with pitcher, always the same each swing
- Timing mechanism
- Toe touch when pitcher drives knee at batter

5. Heel Plant

- Heel must be down to start swing
- Sets the axis for rotation

6. Connection

- Back elbow catches up to the hips, Hands, Elbow lined up with stripe of pant
- Space between back elbow & hips close
- Head is centered over belly button
- Front toe closed to pitcher

1 – 6 Linear motion

Transitioning to Rotational motion

7. Bat Lag

- Barrel of the bat should be pointing at the catcher
- Hands are out in front of front hip, but above and inside the ball
- Barrel to the plane of the ball early, creates a ***LONG STRIKE PATH***
  - 3 – 4 feet strike path – can be off up to 7 mph and still strike ball
  - Less of the strike path – on be off 1 mph and miss completely
- Hips are starting to turn
- Pinched back knee – knee cap not pointed at pitcher
- Back heel is up and doesn't cross a vertical line – good weight transfer
- Head slightly behind belly button
- Front leg firming up
- Weight transferred to front leg, but still balanced

8. Contact - Hit

<u>Pre-Contact</u>

- Hands slightly higher than barrel
- Back elbow passes by back hips as hips open
- Body has remained centered
- Slight bend in arms (don't extend)
- No spinning back foot
- Hands are in Palm up, Palm down position
- Front foot is closed & firm

<u>Contact</u>

- Release of back wrist (wrist snap)
- Front Elbow (bottom hand) above hands, hands above barrel
- Front shoulder is in good extension triangle
- Hips are open (belly button flashlight)
- Back knee still pinched, heel starting to rotate up onto toe, leg moving into lazy L
- Arm Extension (slightly bent still)
- The weight isn't on the back side
- Hands start inside ball, slightly higher than ball
- Head, Hands, & Belly button stay centered

9. Extension

- Good arm extension
- Bat points at pitcher before wrists roll
- Body remains fairly centered throughout

10. Finish

- High finish
- Released firm front leg
- Weight falls slightly backward