



## Hitting Mechanics

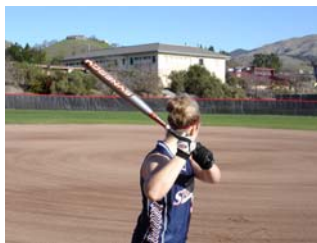
### Grip

- Line up the middle knuckles (your “door knocking” knuckles).
- Grip the bat in your fingers, not with your palms. Hold the bat where your fingers and palms meet.



### Stance

- Have your weight on the balls of your feet in a balanced position.
- Point your feet straight ahead.
- Position your knees between your feet and bend them slightly.
- Keep your hips level.
- Hold your head and eyes level and still.
- Position the front shoulder slightly down with your front arm bent at 90 degrees.
- Let your elbows hang with them pointed slightly out with your back arm at 45 degrees.
- Cock the front shoulder and hip slightly inward.
- Hold your hands even with your back shoulder about 4-6 inches from your body.
- Your bottom hand should be at the top of the strike zone.



Good Bat Angle



Bat Angle too Flat



Bat Angle too Steep

### Load and Stride to “Toe Touch”

- Use a short, soft glide and land on the inside ball of your foot (your big toe)
- The front toe opens slightly and the hip stays closed.
- Do not move your head.
- Cock the front shoulder, hip, and knee slightly toward the catcher.
- Keep your weight on the inside of the back foot.
- Move your hands back slightly to the launch position.
- Cock your wrists.
- Focus your eyes on the pitcher’s release point





Good – Elbows Down



Bad – Back Elbow up



Bad – Front Elbow up



Bad – Barred Arm

## Swing

- Your lower body rotation will initiate the swing.
- As you hip rotate toward the pitcher, the back foot rotates to “squish the bug” allowing your hips to rotate fully.
- Keep both elbows bent and pointed downward.
- Drive the knob of the bat directly to the ball.
- Keep your hands inside and above the ball.
- The barrel lags behind, always above your hands.
- Keep the top of the bat close to your neck as long as possible to avoid casting out.
- Keep the front shoulder down, closed, and pointed at the ball.
- Keep your eyes focused very tightly on the ball, hit with your eyes.
- As your arms extend forward toward to contact the ball, drive your top thumb through the top half of the ball.



## Contact

- Keep your head and eyes down and very focused on the ball.
- Drive the barrelhead through the ball with the top hand.
- Keep your front side rigid and Strong.
- Swing hard, just in case you hit the ball.
- Transfer your weight to the inside of the front foot and leg.
- Your belly button will rotate and point to the contact spot.
- Point the back foot and toe at the front knee in an L position.
- Imagine a straight vertical line passing from your back ear through the shoulder, hip, and back knee.
- Watch the ball hit your bat.



## Follow-Through

- Your back shoulder rotates so that it will almost touch your chin.
- Your front foot will opens to 45 degrees and your front leg should be straight and firm.
- The bat carries around behind your body.
- Maintain balanced position.
- Finish with you back ear, back shoulder, and back knee lined up in a straight vertical line with a straight, strong, firm front leg.

