



## Two Phases of Hitting

### **Two Phases of the At-Bat**

Before you are up  
Showtime

### **Two Phases of the Swing**

Getting Ready  
Showtime

### **Two Phases of the At-Bat**

Before you are up  
Know her 3 pitches  
First pitch  
Go to pitch (2-0 or 3-1)  
Strike Out pitch (1-2 or 2-2)  
Gloves Helmet and Bat – get ready early  
Time your toe touch (in the on deck circle)  
Know your situation (runners on base)  
Know your job (the signal)  
Showtime – once your turn to hit is here

### **Two Phases of the Swing**

Getting Ready to Hit – some personal style is OK  
Have a ritual – Control the tempo of the at-bat  
Grip  
Box position  
Toe Touch – everything at or after toe touch should be the same for every hitter every time  
5 things you must have at Toe Touch

1. Front shoulder down and in
2. Hands are back to, or behind the rear foot and up at the top of the strike zone. Elbow up
3. Knees are bent with weight equally balanced, do not keep you weight back
4. Head is in the center of the body.
5. Upper body is separated from the lower body.