

Hitting Mechanics:

Grip:

1. Bat goes into the fingers
2. Knocking knuckles are lined up

Stance:

1. Feet slightly more than shoulder width apart
2. Feet are in line with the pitcher (not open or closed)
3. Knees are slightly bent
4. Front shoulder is closed to the pitcher
5. Both eyes are focused at the pitcher
6. The hands are at the top of the strike zone
7. The back elbow is at an angle close to 45 degrees (avoid the chicken wing)

*** The batter should have a bit of preliminary movement as opposed to hitting from a stopped position.**

Load:

* There are three different loads that can be used.

1. Transfer of weight with the hands going back over the back leg. This avoids barring the front arm and lengthening the swing. It is the easiest of the three to master.
2. The hands make a "C" motion. Often times hitters make the "C" too big.
3. Inward turn of the front knee. This is very difficult to master for younger players.

*** The reason for the load is for the batter to draw back some energy in order to power through the ball.**

Lower Half Firing out:

*** The stride should be short with the weight transfer balanced.**

1. Front foot strides only a couple of inches. Weight should go to the inside ball of the foot. Stride foot should go towards the pitcher and will open on the impact of the swing.
2. Back heel rotates to 6 o'clock. Knee bends, and imagine a pole going through the main part of the body.
3. Hips stay closed as long as possible.

Hands:

* Throw the knob of the bat at the inside of the baseball. The barrel will follow and get through the zone.

1. Hands follow a path that goes to the inside of the baseball.
2. Palm up-palm down at point of contact
3. Lift the ball and stay on it as long as possible.
3. Follow-through is consistent-Mark McGwire, Charley Lau, Ted Williams
4. Front shoulder stays closed until swing path has started-trust the hands.
5. Eyes stay down at point of contact.
6. Chin stays down and on the back shoulder.