

HITTING TECHNIQUE



Step 1

Using a "Good Grip"

Using the proper grip allows the batter to achieve as much hand quickness and bat speed as possible. The key to a good grip is positioning the bat in the fingers and not the palms. The bat should be held firmly but not tight that the batter's hand speed is slowed. The batter can assure a great grip every time by lining up the "door **knocking knuckles**" as shown.

Step 2

Have a Super Stance

The batter should always be taught to use a balanced parallel stance with both feet about shoulderwidth apart with his toes even and slightly facing inward. He should assume his stance about 8-10 inches from the plate. The batter should slightly bend his knees with his weight on the balls of his feet. The batter's front shoulder, hip and knee should be slightly turned forward. A proper stance will allow the batter to react to the pitch with speed, quickness and power.



Step 3

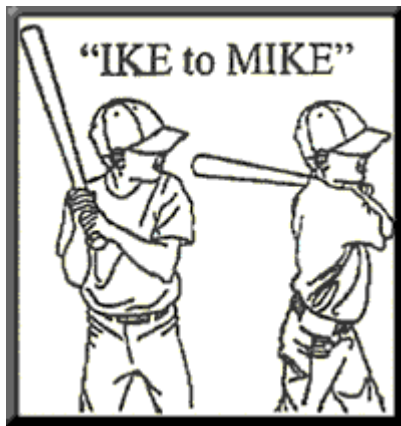
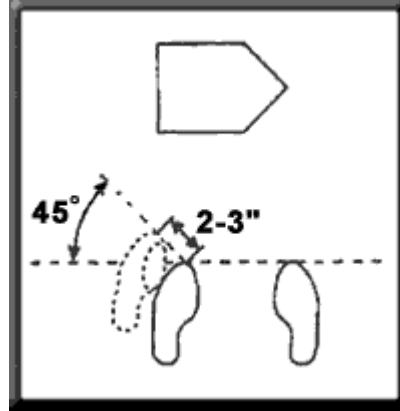
Correct Hand, Arms and Bat Angle

The bat is correctly held at a 45 degree angle. The hands should not be held too high or too low. A medium location is desired with the back elbow down and the hands located 3-6 inches from the body. The bottom of both elbows should be parallel. To assume the most comfortable stance the batter should position his arms and hands so that the upper edge of the top of the hands on the bat is even with the shoulder.

Step 4

Four Keys to a Correct Stride

1. The batters stride should be short, no more than two or three inches.
2. The stride should be at a 45 degree angle towards home plate.
3. The batter should land softly on his front foot as if he were stepping on an egg.
4. The batter should stride and land on the big toe or inside of his front foot.



Step 5

Head Action and Ball Tracking

The batter should turn his head enough that he can see the ball with both eyes. The "IKE to MIKE" method should be taught. The batter's front shoulder, toward the pitcher, is "IKE", and his back shoulder is "MIKE". The batter should start with his chin on "IKE".

Step 6

Follow Through: Head down until after contact has been made and with bat ending around the bottom of the backs' shoulder blades.