

# BATTING TIPS



## Establishing the Strike-Zone:

To learn correct batting technique, establishing and understanding the strike-zone is paramount.

Figure 1 shows that the ball must be pitched between the left and right side of home plate and pass between your shoulders and knees.



FIGURE 1

## The Swing:

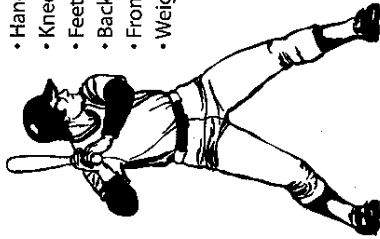
The correct swing is made up of four components – Address, Power Stance, Delivery, and Follow-Through.

### Address:

Figure 2 shows a relaxed and proper "address."

- Bat head up
- Eyes level and facing forward
- Chin above shoulder
- Shoulders level
- Arms up and back at chest level
- Rear elbow down slightly
- Hands between back foot and knee
- Knees between feet and slightly bent
- Feet slightly wider than shoulder width
- Back foot straight toward plate
- Front foot slightly open
- Weight evenly distributed over both legs

FIGURE 2

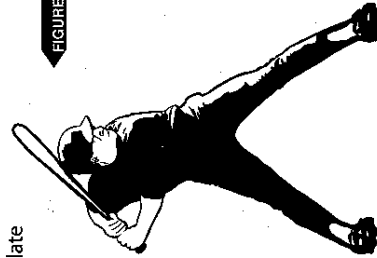


### Power Stance:

Figure 3 shows the proper "power stance."

- Eyes focused on ball
- Rotate forward shoulder to back position
- Hands up and back with shoulder rotation
- Rotate hips slightly together with shoulders
- Cock hips, shoulders, arms and wrist for recoil
- Shift body weight to inside of rear foot
- Back foot straight toward plate

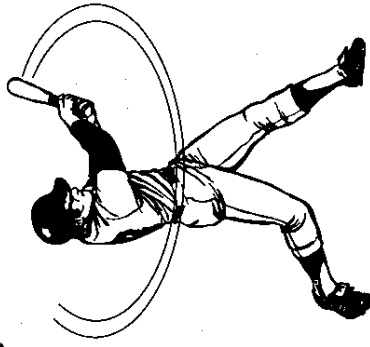
FIGURE 3



## Delivery:

Figure 4 shows the proper "delivery" and swing plane.

FIGURE 4



- Eyes focused on the ball
- Head in center of shoulders
- Hands, wrists, and arms cocked
- Rotate hips and begin weight shift toward front foot → *pitcher*
- Step toward ~~picture~~ with front foot
- Move rear knee toward ball position
- Drive weight, hands, arms, hips, and legs of rear foot toward contact point
- Swing through ball
- Keep head and eyes on target
- Extend front arm
- Left hand on top of bat at contact point (for right-handed batter)
- Right hand and wrist locked underneath left hand at contact (for right-handed batter)
- Rear foot rotates toward pitcher
- Contact ball

## Follow-Through:

Figure 4 shows the proper "follow-through."

- Roll wrists over top of grip
- Release head and allow eyes to track ball
- Front foot rolls and opens
- Rear foot heel should be off ground with toes dug in for power drive towards 1st base

## Helpful Tips on Hitting

### The Bat:

The bat should be the proper length and weight for you to swing comfortably. A bat that is too large will slow down your swing, reducing power transfer to the ball. A bat that is too light will reduce critical mass generated by your strength and the bat, reducing ball flight.

### The Grip:

A good, strong grip is needed to transfer the power generated by the shoulders, arms, and body through the bat and into the ball.

If your grip is not strong enough, the bat will shake loose during contact and result in a weak power transfer. Working on your grip strength and wearing batting gloves designed to enhance grip strength will improve your power. The correct position of the bat handle inside your grip is over the balls of your hands (the junction point of fingers and palm). Not deep in your palm. This improves wrist strength and power transfer to the ball.