

HITTING GUIDELINES

Lower half balance and control

- Start square, stride square, finish square.
- Stride square or do heel lift, avoid large hang or toe tap.
- Front foot must land and hands load back right as pitcher releases the ball.
- Keep front side firm, closed front foot throughout swing for balance.
- Back foot turn, back heel to the sky producing the back-side L.
- Allow “power gap” or spacing between knees at contact and on finish.
- Finish toe-to-toe, closed front foot, back side L.

Upper half path

- Keep hands inside every pitch.
- Swing down to flat, not up.
- Hit the inside of the baseball, prevents jamming.
- Front shoulder closed and head down at contact.
- Stay through the ball, theory of hitting through five baseballs, not one.
- Finish low with your hands, produces a level swing.
- If finishing with one hand, do not release too soon.
- Hit with your hands, not your shoulder.

Using all fields

- Directional hitting is a timing adjustment, not a swing adjustment.
- Inside pitch must be met out front, hands inside.
- Outside pitch must be met deeper in the zone, hands inside.
- Don’t stride towards the plate to reach an outside pitch, always stride square.
- Think middle; adjust to the inside or outside locations.
- On all locations, keep your posture strong and lower half intact.

Three modes of hitting

Offensive: Look for one pitch in one spot. Cookie pitch that you can hammer. Attack the baseball and be patient making sure it is your pitch.

Offensive counts are: 0-0, 1-0, 2-0, 3-0, and 3-1

Neutral: Give in a little to the pitcher. Use all fields. Expand your zone a little more. This is the toughest count to master. Neutral counts are: 0-1, 1-1, and 2-1

Defensive: Give in to the pitcher even more. Expand the zone even more and foul off “borderline”, tough pitches. Hitter needs to do anything to put the bat on the ball. Choke-up on the bat and widen the stance out will help.

Defensive counts are: 0-2, 1-2, 2-2, and 3-2

Tips and Reminders

- Use on-deck to get timing down.
- Know the situation (count, pitcher, runners on, score, and inning).
- Always pick up the 3B coach and get the sign before every pitch.
- Tee work, all the time.
- Talk to your teammates about what they see at the plate, pitcher tendencies.
- Pay attention to other at bats in the dugout.
- Assume every pitch will be a strike.
- Assume you will get a hit every single pitch.
- Try to hit low line drives **through** the outfield fence.
- Be aggressive. Hit to take, not take to hit.
- Know the strike zone and swing at strikes in your zone.
- Very small strides, do not lunge.
- Hit against a firm front leg.
- Land the front foot on the stride on time.
- Swing down to the hitting zone, then level through the ball.
- Back elbow comes into the body at contact.
- Slow load, quick swing...slow load, quick swing. Have rhythm!
- Be relaxed, don't choke the bat.
- Visualize good things.
- STAY AGGRESSIVE ALL THE TIME...HIT, HIT, HIT!