

## HITTING MECHANIC FUNDAMENTAL PILLARS

### ***Pillar 1: Stance***

- The stance should feel comfortable and balanced
  - The most important part is balance.
- The body should be positioned to easily move into an athletic position.
  - Athletic position is classified as a basketball stance, tackling stance, fielding stance, etc. The knees are inside the feet and bent. Chest is over the knees with weight equally distributed on both sides.
- The weight in your feet should be on the ball of the foot. The swing is an athletic motion and needs to be set up so.
- Capitalize on Quick Zone 1: the distance between the knees inside your feet should be minimal

### ***Pillar 2: The Head***

- The head should be still throughout the swing which causes the eyes to stay the same. You want your head to move with the body in a linear line or north to south.
- Head should always be in a vertical line with your belly button and crotch.
- At contact, the head/eyes should be directly on top of the barrel or plate.

### ***Pillar 3: The Load***

- When loading, the back knee should have as minimal movement as possible.
- When weight is being distributed to the back side, you want your knee to stay inside the back foot and remain athletic.
- As you load back, there are two ways for hand separation
  - One: you can move your hands back into a power position
  - Two: have them in a stable position and move away from them.
- You must have a negative move, or weight transfer to back side.
- Elbows are always correlated with a 45 degree angle with the ground.
  - Quick Zone 2: distance between each elbow should be minimal and relaxed

### ***Pillar 4: Front Foot***

- The front foot must be placed in the same spot in the stride, if it deviates one way or the other there are repercussions.
- It must come down smoothly, quietly, and closed on the stride.
- The feet are the electrical current of the swing. If the current is disrupted at any time, it will mechanically disrupt the body on its way up.
- Slow rhythmic and on time legs

***Pillar 5: Power/Launch position***

- Athletic stance - 60/40 split
- The hands are placed 3-4 inches away from the back shoulder, with the bat in a 45 degree angle, cutting the head in half. It can also be said that the knob should be pointing to the catcher's shin guards.
- Chin should be close to touching the front shoulder
- The shoulder should be of slight to barely tilting towards the incoming baseball.