



HITTING FUNDAMENTALS CHECKLIST

Bat selection

- Swing Velocity, not too heavy not too light, help players ensure they are using the best bat for their size (28in is largest allowed bat in our league, although many players might still need 27 in.
- Grip size aids in relaxation

Hands

- In fingers out of palm, knuckles you knock on door with should be lined up
- Wrist over wrist (If point index fingers, they both should point straight ahead)
- Pick bat up with arms forming "V"

Stance

- Parallel stance, feet slightly wider than shoulders, athletic stance, back toe in slightly.
- Front foot off back corner of plate (squared)
- Weight evenly distributed on balls of both feet, bounce bat on the plate

Body positioning and alignment

- Head still and up right
- Shoulders level and in same place as feet
- Hips level and also in same plane as above
- Knees flexed, differs with different individuals, don't let it turn out during stride.

Arms and hands

- Relaxed
- Launching position: Front arm "L"
- Back elbow down and relaxed, closer the elbows the shorter the swing
- Hands just off back shoulder about letter high
- Bicep to forearm

Bat Position

- Flat bat, parallel to ground, 90 degrees or less, 45 degrees laid back
- Launching position, hands over back foot up and in
- On contact all is extended in front of plate



Head position

- Facing pitcher
- Eyes parallel to the ground
- Facial muscles relaxed
- Head still
- Chin on shoulder
- Head does not move during swing
- Finish on back shoulder

Weight Shift (Load Position)

- Backward to coil for swing, stay back as long as possible
- Don't hit from a still position, you are quicker and stronger on the move
- Transfer from back to middle, stay stacked up
- Power back within the feet

Stride - Preparatory Phase, gets body moving

- Light touch with stride foot. Like on thin ice, will help keep weight back, ball of foot not whole foot,
- Hands and weight stay back as you stride
- Body forms a triangle shape during stride or trigger position
- If they make a mistake with stride, it will have a negative impact throughout swing. T
- Box, triangle and eyes face plate during stance and stride.