

Hitting Fundamentals

Age Level:

All Levels

Position:

All Players

Purpose of Drill:

Develop great habits that players will use every day.

of Coaches/Players

All Coaches/Players

Hitting Mechanics

"GRIP"

Grip should be in your fingers as much as possible

- show how you grip your finger in hand vs fingers

"STANCE"

Stance/Weight transfer/shift (5) When you land=strong front side.
Feet wider than shoulder width.

1. Toe up/Foot up/Step up
2. Knee up
3. Open to Close
4. Knee up
5. Knee to Knee

"HANDS"

Hands/Hand movement. Hands away from chest, back elbow ~45
after this and your foot is down you are ready to hit.

1. Push back
2. Raise up
3. Pump

"BAT PATH"

Bat path and finish. first thing to move will be your hands!
Bottom hand to the ball. Short to the ball, long through it.

1. Keep your barrel ABOUT your hands
2. Hands finish high, with both hands!