



Highland Baseball Foundational Blocks for Hitting

1. Grip –

- The “knocker” knuckles of the top hand should be lined up with the big knuckles on the bottom hand

2. Stance –

- 50/50 balance of weight, do NOT sit on back leg

3. Load -

- It's the first move we make in the swing
- Belt buckle turns just slightly towards catcher

4. Stride and Separation -

- The front foot should be at about 45 degrees or slightly open when it lands.
- Front knee should be bent slightly towards pitcher with good K posture

5. Swing Path -

- At the start of the launch, bat head drops and flattens and elbows work together.

6. Finish -

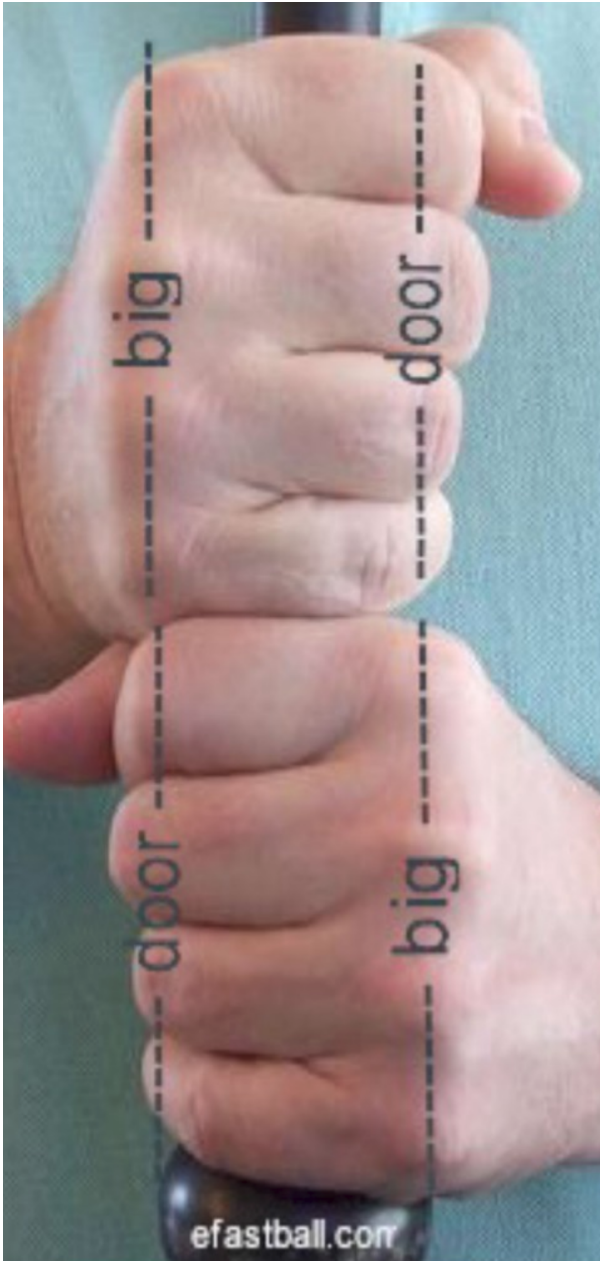
- One of the most important aspects of the swing is the finish.

- Belly button should be shown down the line or at the on deck circle at the finish

1. Grip

- Use a neutral, comfortable grip
- The “knocker” knuckles of the top hand should be lined up with the big knuckles on the bottom hand
- Do NOT line up big knuckles
- Loose wrists
- Loose shoulders





2. Stance

- Start from the ground up
- 50/50 balance of weight, do NOT sit on back leg

- Feet parallel, not duck feet
- Heel up on front foot is ok but weight must be balanced
- Knees inside of feet
- Eyes, nose, and chin in front of the belly button, head straight and make sure back eye is turned and able to see pitcher
- Front shoulder is slightly below back shoulder creating good posture (K posture)
- Hands placement should be around the shoulder
- Width of stance should be narrow or medium length
- Good “L” with front arm so it isn’t too far back
- Knob of bat should be pointed either straight down or at the catcher





3. Load

- This is how the body gets started in the swing
- It's the first move we make in the swing
- Belt buckle turns just slightly towards catcher
- Shoulders and hands move in sync together with just a little bit of a “rock the baby” move with the front shoulder going down

- Hands should NOT go back, up, or wrapped around the head
- Hands stay around shoulder height
- Tip 1 – Hands and front foot should load in sync
- Tip 2 – Front shoulder should work down and back shoulder up like “rocking a baby”
- Tip 3 – Load into your back side not over it
- Tip 4 - Back should be turned and showing slightly towards pitcher (belly button towards catcher)





Supporting Drills

1. Knob to knee drill



2. Flamingo drill



Supporting Video –

1. Josh Donaldson – watch him hold his hands back and belly button turned towards catcher to create tension like a rubber band

<https://twitter.com/ZachKleinWSB/status/1097146678614859777/video/1>

4. Stride and Separation

- Stride is determined by the length of the stance, narrow stance equals longer stride
- The distance between the feet at the stride should be about the length of the bat or 50% of their height
- The front foot should be at about 45 degrees or slightly open when it lands
- Weight should be about 50/50 when the front foot lands
- Front knee should be bent slightly towards pitcher with good K Posture

- Stride should be a controlled fall forward, not a push forward, reaching with the stride causes the hitter to get “stuck” on the back leg. So the stride should be a controlled fall forward
- Knob of bat should still be going back towards catcher
- Shoulders should still be closed and not opening
- As the hitter goes forward, elbow and bat head start to drop and the bat head starts to get flat

Supporting Drills

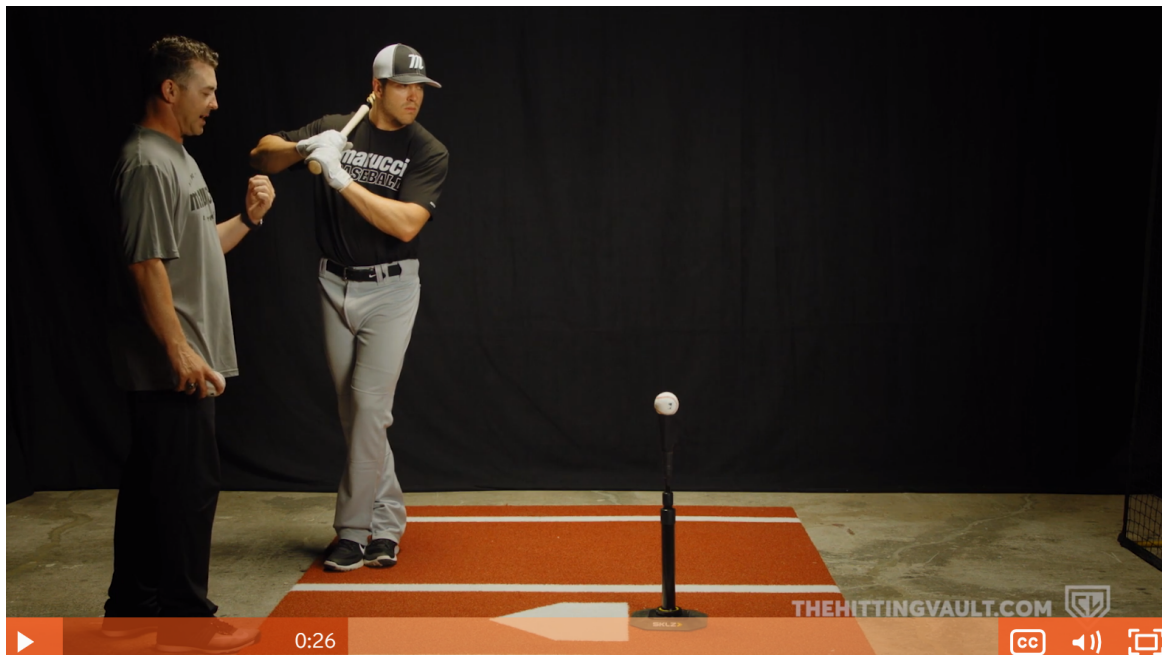
1. Stride Drill:



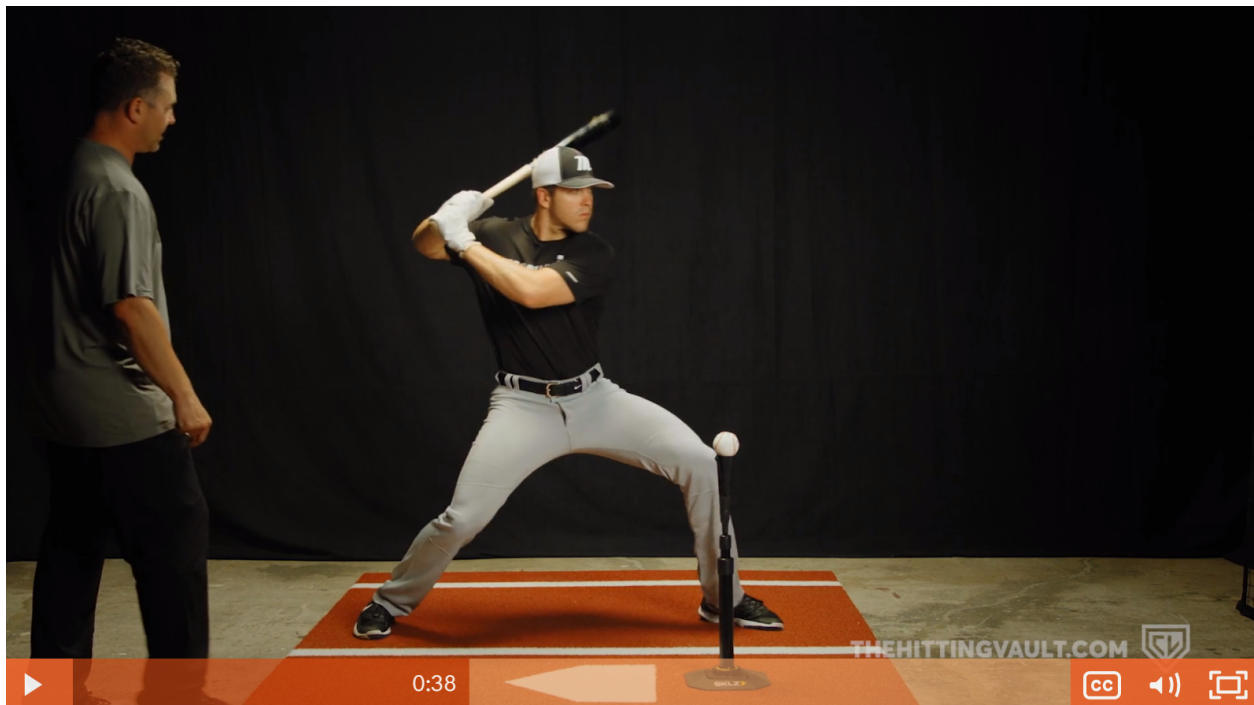
2. Hit Pause Drill



3. Crossover Drill



4. Stride and Separation Drill



5. Swing Path

- At the start of the launch, bat head drops and flattens and elbows work together

- Barrel stays behind the shoulder in the 1st move
- Hips start to turn
- At contact, palm up and palm down position is important – see picture below picture)
- Barrel is below the hands (see picture)
- Do NOT take the hands and the knob of the bat to the ball as this keeps the bat in the hitting zone for the shortest amount of time
- Tip 1 – Bat shouldn't get flat until after front heel gets down
- Tip 2 – Focus on your core (belly button) leading the way
- Tip 3 – Elbows start the swing path with front elbow going up and the back elbow going down





Supporting Drills

1. Bat path and hitting video

<https://www.youtube.com/watch?v=hcNGT6ZcH1s>

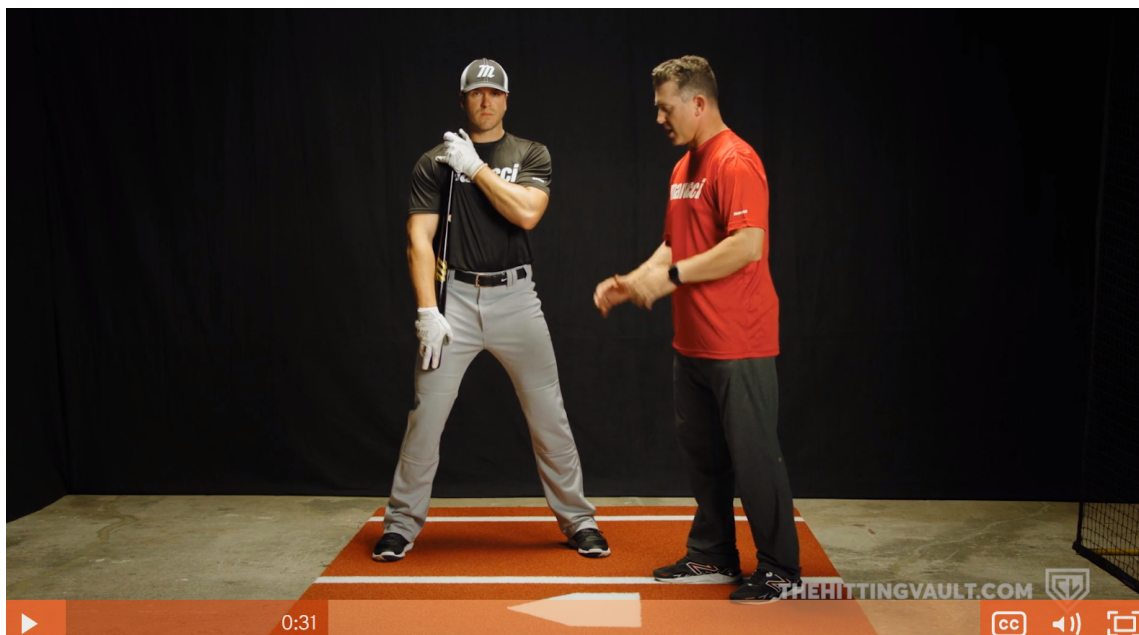
2. Bat Path tip for batting practice – hitting ball off of frisbee at the back of the cage or a spot on the L screen up about head height. Focusing on this external cue as a target of where to hit the baseball helps young hitters with getting their bat path in the correct position.

6. Finish

- Last phase is extension, follow through and finish
- One of the most important aspects of the swing is the finish
- Long extension through the ball and hands coming around at the very end
- Letting the top hand off to get all the way through the finish is ok. Two hands all the way through is fine too (see picture)
- Show your back towards the plate
- Belly button should be shown down the line or at the on deck circle at the finish
- “Show your belly button down the line” is a phrase that can be used
- A full turn allows for so much more power, this takes lots of practice
- Get back foot unanchored, gaining ground forward. Don't get stuck on the back side

Supporting Drills

1. Half turn drill





2. Full turns





For many more videos, tips, team hitting programs, body movement pattern drills and more, go to:

www.hittingvault.com