

Breaking Down Swing

Stance:

Build a routine
Box Prep
Feet – shoulder width apart
Weight balanced – insides of the balls of your feet
Feet Straight
Slightly Bend Knees
Bend forward at the hips
Bend elbows at 90 degrees – forearms form a “V” shape

Grip:

Knuckles – line them up. Point to the sky.
No Squeezing
Hands Together

Key Points: prep for the pitch

Bat on Shoulder – start here with a lift off
Lift Bat – when pitcher starts motion
Weight Transfer – twist body slightly away from pitcher
No Over Rotation
Trigger or Load – bend front knee slightly before step/stride
Hands Close – keep hands close to body. Inside out swing.

The Swing:

Elbow – take to hip
Heel – lift and turn on ball of foot. Let the elbow trigger heel
Knee drives – power from driving toe to ground
Hip to Ball – drive backside hip to ball. Belly button should point to ball
Chin Down – take from front shoulder to back shoulder through swing
Throw Hands at ball – Keeps hands close to body
Knob to Ball – lead with the knob
Barrel Position – keep barrel above hands until contact
Extension – keep elbows bent and extend on contact
Palm Position – parallel to ground.
Bottom Hand – pulls knob through ball
Top Hand – punch ball through contact. Full extension comes from Top hand
Hips and Shoulders level – go together
Contact – in front of the plate
Wrist Break – not until after contact
Follow Through – swing all the way through. Barrel should finish close to shoulder

