



CYB Hitting Clinic

Five Steps to a Perfect Swing!

1. Balanced stance
2. Load
3. Launch
4. Contact
5. Follow through



1. Balanced Stance

- Feet should be about shoulder-width apart, maybe a little wider
- Weight should be evenly distributed or slightly toward back foot
- Hands should be nice and loose
 - Wiggle the fingers on your top hand to remind yourself to RELAX
- Head turned so you look at pitcher with both eyes



2. Load

- As pitcher STARTS his motion, shift weight to back foot
- Avoid twisting your torso; just shift the weight straight back



3. Launch

- Weight shifts to front foot
- Hips start to rotate
- **KEEP HANDS BACK!**
- Head and eyes focused on the ball
- If you step, this is where it happens. You don't need to step to shift your weight.
 - If you do step, keep it short



4. Contact



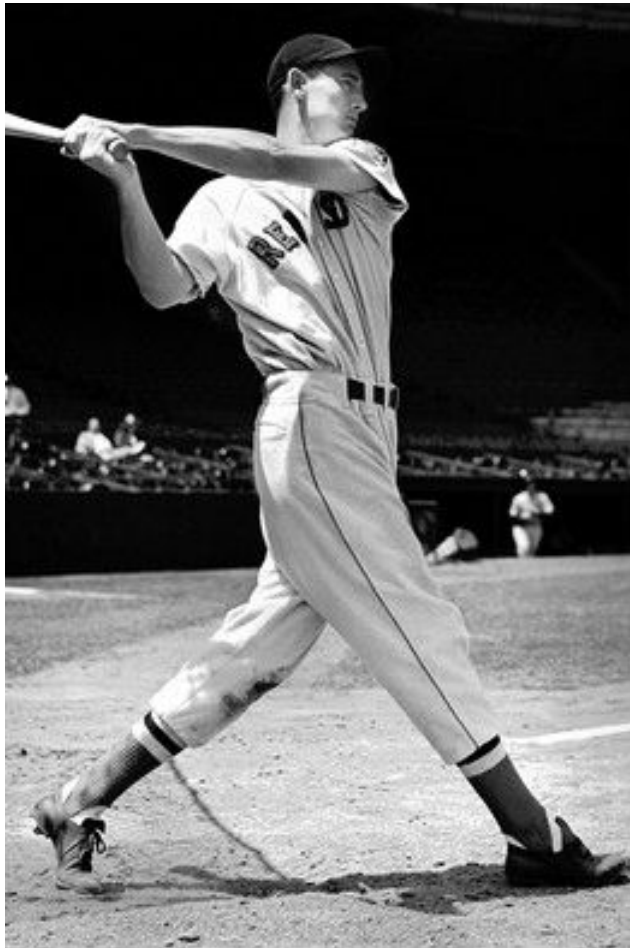
- Hips are now fully opened; belly button facing pitcher
- Weight is fully shifted to front foot
- Front leg is stiff and locked; back leg is bent
- Hands are “inside the ball” – in between your body and the baseball
- Top hand is palm up; bottom hand is palm down
- Head and eyes are locked at point of contact



bat is level

- Contact point in front of body and usually in front of plate

5. Follow Through



- Wrists roll over
- Full extension of arms around body
- Balanced throughout



Practice at Home

- Run through the five steps in front of a mirror using a Wiffle Ball bat
- If you have a tee and a net, USE IT!
 - Use a hockey or lacrosse goal
- Try to spend 10-15 minutes three times a week practicing your swing

**Please do
NOT swing
a baseball
bat in your
house!**



Other Sources of Hitting Instruction

- Search “Basic Hitting Mechanics” in YouTube
- “DNA Sports” channel on YouTube
 - Go to “hitting instruction” section
- www.beabetterhitter.com
 - A lot of info but better suited for those who have mastered the basic swing mechanics

