

# Hitting Mechanics

## 1. Stance

- a. Balanced and in a comfortable position
- b. Head directly in the center of the body
- c. Eyes facing toward the pitcher
- d. Shoulders are level
- e. Hands are loose and in a comfortable position

## 2. Load

- a. Weight transfer as the pitcher begins their motion back
- b. Shoulders are square or slightly back
- c. Front foot strides to a bent knee, heel and toe touch at the same time

### **Happy Gilmore Swing**

Focus on weight transfer

## 3. Swing

- a. Initiated with the back hip, emphasize back knee trigger
- b. Hands stay inside the baseball, palm up palm down
- c. Front leg should straighten at contact
- d. Eyes and chin stay at contact

### **PVC Pipe Drill**

Focus on load and hit off stiff front side  
"Sit" on backside

### **High Tee**

Keep shoulders level

## 4. After Contact

- a. Allow swing to finish on its own (short to it, long through it)
- b. Still in balance and control after swing finishes

### **Long Cage Tee Drill**

Focus line drives to the back of the cage, hitter is balanced, and weight is back