

SOFTBALL SLAP HITTING AND SHORT GAME STRATEGIES



Copyright Notice

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this material, please contact us immediately. Please email legal@softballspot.com to report any illegal distribution.

Copyright 2008 SoftballSpot.com & Softball-Spot.com All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or by information storage and retrieval systems. It is illegal to copy this material and publish it on another web site, news group, forum, etc. even if you include the copyright notice.

Legal Notices

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional.

Consult Your Physician

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

The author and publisher of this document and their employers make no warranty of any kind in regard to the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

CONTENTS

Introduction.....	4
Slap Hitting.....	4
What is Slap Hitting?.....	4
When and Why?.....	4
The Basics of Slap Hitting.....	4
Footwork.....	5
Swing Mechanics.....	5
When to Hit.....	6
Points to Remember.....	6
Slap Hitting Drills.....	7
T-Ball Drill.....	7
Pitching Machine Drill.....	7
Wall Pitching Drill.....	7
Full Strength Pitching Drill.....	8
Mirror Drill.....	8
Short Game Strategies.....	9
Soft Slap Hit.....	9
Hard Slap Hit.....	9
Slug.....	10
Sacrifice Bunt.....	11
Drag Bunt.....	12
Push Bunt.....	12
Using the Short Game Strategies.....	13
Base Running Strategies.....	14
Conclusion.....	15
Recommended Resources.....	16
The Coaching Essentials:.....	16
Online Clinics:.....	16
Must-Have DVD Packages:.....	17
Softball Coaching Aids:.....	18

Introduction

Slap hitting has, since the 1980's, become a phenomenon in softball hitting technique that helps offenses identify and exploit the weaknesses of the defense while staying true to the softball goal of simply getting on base. It separates softball even more from baseball and has become an important part of many teams' strategies.

While it may seem opposite to normal batting, because it involves running before hitting, it is not too hard to learn as long as your team has patience and does not fear repetition. The most important thing in slap hitting is finding a rhythm that works for each batter. This rhythm is going to be slightly different depending on the batter's height, strength, and agility. Work with players to develop a rhythm that works for them.

Once they have the arm and feet mechanics down, work with batters to understand when they need to start their sequence based on the pitcher they have. Since all pitchers perform slightly differently, batters will have to learn to read the ball and how much time they need for the footwork. Practice with different ball speeds and wind-up times so that players get comfortable with all pitching types.

Slap Hitting

What is Slap Hitting?

Slap hitting is a new phenomenon that involves running first, then hitting the ball. It helps players get on base quicker and is tailored to very fast players. Batting average is not as important with slap hitters because their main goal is simply to get on base.

Slap hitting is successful when the batter hits a ground ball as far back as she can to the weakest point in the defense. Because slap hitting focuses on speed, it puts pressure on the defense to throw a slow-moving ground ball to first base in order to get an out. If a player can make it to base in three seconds or less, the slap will be especially successful.

When and Why?

Slap hitting is most useful for teams with very fast left-handed players. These players are excellent base hitters and have a lower batting average but a higher on-base percentage. The point of slap hitting is that it breaks down a defense's reactions by providing a low, slow ball paired with a lightning-quick runner. The defense does not have enough time to react before the batter is on base, reducing the defense's ability to do its job.

The Basics of Slap Hitting

Slap hitting, or slapping, is usually done by left-handed softball players. The idea behind the move is to aim the ball at wherever the defense is weakest. This could be the short stop or any of the bases. The difference between regular hitting and slap hitting is that in slap hitting, players are already on their way running by the time they hit the ball.

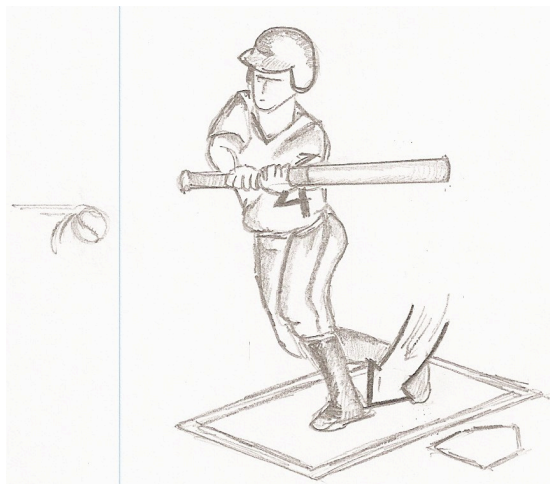
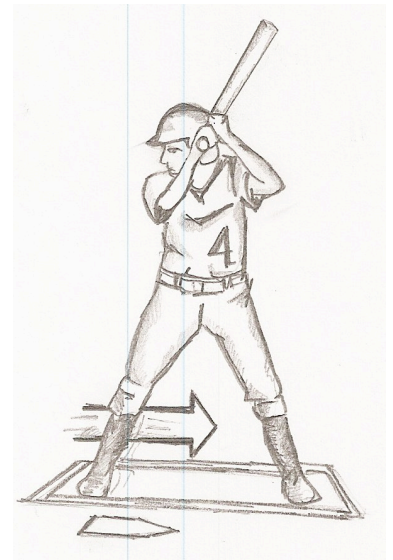
To make this work, players have to have excellent timing and rhythm. Players must understand how long the ball takes to get from the pitcher to the bat and take the appropriate number of steps to keep themselves in the box but getting a running start. They also must find a perfect rhythm for them that combines quick movement of the feet with precise contact of the bat with the ball.

Slap hitting starts with the batter in the middle or back of the box. This gives them enough room to take a few steps forward before hitting the ball while still staying in the box. The purpose of slap hitting is to allow player to get on base quicker while exploiting the weaknesses of the defense. The slap allows players to aim the ball where they see a weak defense and, because they are already running when they hit the ball, they are able to get to the base faster.

Footwork

There are only a few moves for the feet in slap hitting, but they must be precise and well-timed. The left-handed batter stands in the middle or the back of the box and waits for the pitch to arrive. When the pitcher releases the ball, the batter first pivots the front (right) foot inward and turns her hips toward the pitcher, not toward first base.

The back foot then crosses over the front foot so that the player is traveling toward the pitcher with her hips. Her front shoulder is still closed, however. The pivot and the cross over happen just before the bat makes contact with the ball. At that point, the batter hits the ball low to the ground and uses her speed to get herself to first base safely.



When the back foot crosses over the front, batters should aim to have that back foot land nearly at the front edge of the batter's box. This puts the player in ideal position as she moves toward first base.

Swing Mechanics

With the slap hit, the head of the bat remains back, toward the catcher, while the knob of the bat comes forward toward the pitcher. Batters should start with their hands high and close to the body.

As the back foot crosses over the front foot, batters should bring their arms in front of their body and turn the bat so that

the knob is toward the pitcher and the head is toward the catcher. This helps the batter aim the ball where they want it to go. Batters connect with the ball when it is near the middle of their body. This is considered to be deep in the strike zone because the ball has come back so far, but it is perfect for slap hitting.

When making contact, batters should hit slightly down, so that the ball becomes a grounder. A smooth, easy swing will give the ball more momentum in its downward movement, ensuring that it becomes a smooth, low grounder that is hard to catch or transition from. This gives the batter maximum time to get on base before the defense can react.

When to Hit

As with all pitches, batters should only hit the best pitches, those in the strike zone. Slap hitters do not have the luxury of reaching for the ball or hopping backward out of its way, so they must learn to read the ball quicker than other batters do.

The bottom line is that batters should only go for the best balls. If the ball is not good, do not go for it. Teach players to know the difference between a good ball and a bad ball so that they will understand from the moment the pitch leaves the pitcher's hand whether they should start the footwork or not.

If nothing else, players should always engage in the footwork sequence. Because some balls are hard to read and some curve, players should be aware and ready for whatever comes their way. Completing the footwork pattern does not obligate a batter to swing; it simply prepares them in case they decide it is a good ball. In other words, players are simply preparing in the event that a ball is good enough to hit.

Points to Remember

- Keep the hips turned to the pitcher but the front shoulder closed to deliver a stronger hit
- Run toward first base only on contact with the ball; before that, run toward the pitcher
- Always start the footwork pattern, even if the pitch looks off
- Turn the knob of the bat to the pitcher and the head to the catcher
- Land the cross over foot just inside the front line of the box
- Run full speed to first base and only decelerate after touching the base
- Swing slightly downward so the ball goes to the ground

Slap Hitting Drills

T-Ball Drill

The t-ball drill helps batters with the swing position of their arms and gives them experience aiming the ball. Regardless of the feet, if the swing is off and the ball does not go where planned, the move is a failure.

Set up a t-stand for this drill and have batters practice swinging with the knob of the bat forward and the face of the bat backward. Since this is different from normal swinging, it will take some time to adjust to. When players can accurately make the swing each time, give them a place to aim. Work with them on hitting the ball at the exact right time and direction to make the ball go where you want.

Finally, players can practice footwork into the swing with a t-stand. Batters should set themselves up so that when they finish the cross over, the t-stand is at the middle of their bodies, much like a real ball will be.

Pitching Machine Drill

With a pitching machine, batters can get used to footwork while they are waiting for the ball to come to them.

Step 1: Turn on the pitching machine and have batters practice catching the ball as it comes to them. This involves nothing more than grabbing the ball when it nears the batter.

Step 2: Batters should practice footwork while the pitching machine is on. Batters catch the ball after pivoting their front foot and crossing their back foot over. Batters can do the footwork in as slow or fast a manner as they need to prepare themselves for the run.

Step 3: Batters practice the footwork with full strength, putting power behind the steps and running after they catch the ball. Batters should catch the ball and take it with them to an imaginary first base to get the feel for the entire movement.

Wall Pitching Drill

To learn the mechanics of the footwork, players can start facing a wall with the knob of the bat on their hip and the face of the bat against the wall. Players go through the footwork, keeping their bodies parallel to the wall.

This drill helps players understand the right position for their bat while their feet are moving.

Full Strength Pitching Drill

This pitching drill involves a real pitcher but is supposed to help batters recognize and avoid bad pitches.

Batters stand in the box like normal and do the slap hitting footwork for every pitch, regardless of its accuracy.

The pitcher should throw mostly bad balls with a few good ones thrown in. Batters must determine if a ball is worth hitting and where they want it to go if they do hit it. This is a real test to batters to evaluate their focus and ability to coordinate all the moves needed for the slap hit.

Mirror Drill

Simply practice slap hitting in front of a mirror. It will show athletes how they look and help them identify any technique problems. Have them go through their swing several times and then stop them part-way through, forcing them to hold one position, such as the pivot or the cross over.

Ask players to check their body alignment, head placement, hand placement, and tilt of the bat. Once they have corrected anything necessary, they can go on to the next component of the swing until they have corrected each tiny movement.

Ask batters to put the move back together and watch the difference in the mirror. Batters should see their bodies aligned properly, their hands always in the right spot, and their hips turned toward the imaginary pitcher at the correct time.

Just like a video tape, mirror drills help athletes identify their own problems, which also helps them gain confidence and excitement about the sport.

Short Game Strategies

Slap hitting is just one of the many short game options available for batters wanting to simply get on base by forcing the defense to make mistakes. However, even within slap hitting there are variations, such as the soft slap hit and the hard slap hit.

This section identifies the important short game techniques and how they can fit together to make a winning strategy for your team. Remember, with short game strategies, the point is to get on base, so on-base percentage should be encouraged rather than batting average. Batters are not trying to hit a home run with these strategies; they want to confuse the defense, exploit its weaknesses, and keep it from stopping the short run. This ensures that more players make it on base and have a better chance of getting home.

The following short game strategies will be discussed in this report:

- Soft slap hit
- Hard slap hit
- Slug
- Sacrifice bunt
- Drag bunt
- Push bunt

Soft Slap Hit

The soft slap is essentially the hit we discussed in the Slap Hitting section. This is simply a more detailed version of the basic slap hit that allows the ball to go directly to the short stop, when that person is deep in the field.

You want to use a soft slap in this instance because the short stop is farther back and thus it will take more time to get a softer-hit ball to them. This gives the batter more time to run to base and reduces the chances of the batter getting thrown or tagged out.

The point of the soft slap is to take advantage of the speed of your left-handed runners and have them already running when they make contact with the ball.

Hard Slap Hit

The hard slap mechanics are just like those for the soft slap in the feet and the arms. There are a few main differences between the hard and soft hits, though. Hard hits do not require as aggressive running as the soft slap does.

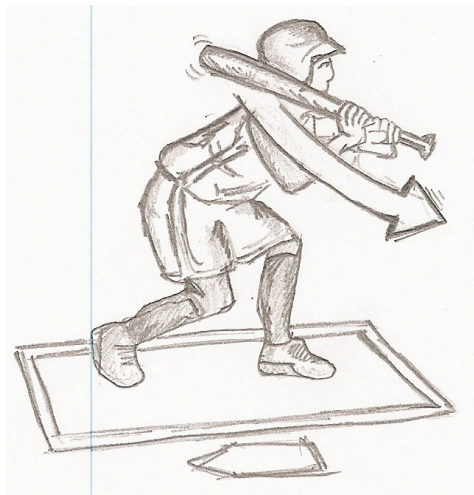
The swing is more aggressive, however, to compensate for the running. This move is best when the short stop has moved up to the baseline in anticipation of the slap hit.

The basic point of hard slap hitting is to be more aggressive offensively when the defense has stepped up its aggression and has compensated for your strong short game.

Because the move is so distinct from a normal long swing, defenses realize quickly what the offense is trying to do. Hard slap hits are best when the defense is prepared for a slap hit and have moved up to catch it quicker. The hard slap will go further faster and catch the defense unaware, even when they think they understand what your team is trying to do.

Slug

The slug is basically a right-handed slap. The point is to confuse the defense and make them think that a sacrifice bunt is coming so that they will change their formation accordingly.



A slug requires the same aim, footwork, and hand placement as the slap hit. When the ball is released from the pitcher's hand, batters should bring their hands back and up, into the high, tight position used for a slap hit. The hands should ideally move toward the back shoulder or the back ear.

To keep the defense from realizing the planned slug, batters should keep their hands in the same place on the bat throughout the swing, even though the hands will be higher than preferable on the barrel for a slug. It does help throw the defense off and make them think that the batter is going to hit a sacrifice bunt. This is absolutely essential to making the slug an effective offensive move.

Finally, when it comes to hitting, batters should make a fast, short swing that aims the ball down. This gives the batter maximum time to get to base before the defense can react. It also gives the ball more power going into the ground and ensures that the ball will be harder to catch and thus, harder to adjust to.

Sacrifice Bunt

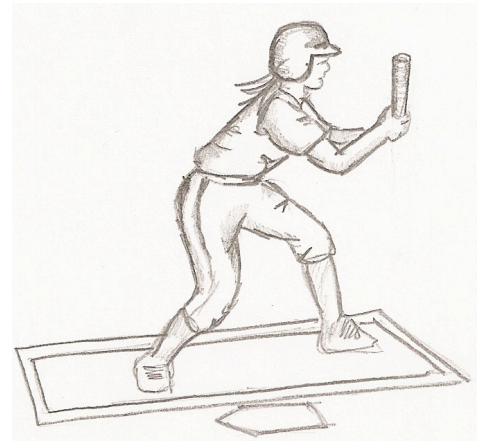
The sacrifice bunt comes up when one batter intentionally allows herself to get out in order to help a teammate get along the bases. While this does not always result in an out, the chances of the bunter making it to base are slimmer than with the other short game strategies.

In contrast to the slappers and other fast runners whose aim it should be to get on base, the sacrifice bunter understands the very real possibility of getting out and accepts that it is necessary for the team as a whole.

Batters should stand forward in the box, as opposed to back like a slap hitter. Any adjustment in height should be made with the legs, not the arms. Once in place, the batter's hand position should not change.

Proper hand position includes all of the following:

- Hands held at the top of the strike zone
- One or both the hands slid down on the bat
- Bat head held slightly higher than the knob



Young batters learn to hold the bat with their fingers gripped around the back of the bat, which helps stabilize them and protect their fingers. When teaching bunting, however, players should be encouraged to rest the bat in the palm of their back hand, because it will give them more control. Encourage players to try several grips for the back hand until they find what works best for them.

Batters should aim to hit the ball with the bottom of the bat to help drive it into the ground and reduce its movement. The bottom of the bat needs to hit the top of the ball to force the momentum down and to reduce the ball's ability to travel.

The ball should always go toward the center of the infield. Aiming the ball to the pitcher will almost always result in an out, whereas the center infield may give the bunter enough of a chance to get on base.

Bunting requires patience, more so than many other short game techniques. If the ball is thrown above the batter's hands, the batter should let it go, even if it is possible to move the hands and get the ball. If the ball is thrown anywhere but right in the strike zone, the bunter will not be able to catch the ball where they want it—on the bottom half of the bat. Hitting the ball at any other position will cause the ball to land in another place, change the momentum, and overall sacrifice the quality of the bunt.

Another aspect of bunting that requires patience is the timing for running. When players hit the ball, they must be willing to wait until the ball actually hits the ground before running. This goes against training for the slap hit and other short game strategies where speed is a necessity to even get to the

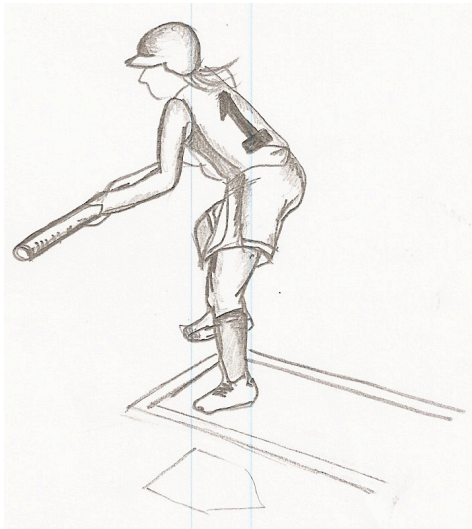
base in time. In bunting, speed is put aside somewhat to favor the overall health of the team, often requiring the bunter to get out.

Drag Bunt

The intention of the drag bunt is to catch the defense by surprise. Batters should enter the box like normal except stand a little closer than normal to the plate.

There are good times and bad times for hitting a drag bunt. If the third baseman is deep and the pitcher falls off the mound to the first base side, then a drag bunt will work well for a right-handed player. Both coaches and batters should pay attention to the defense and their tendencies before deciding that a drag bunt is the best approach.

Batters should also be careful to only hit drag bunts at perfectly pitched balls. If the ball is not in the strike zone, the drag bunt will not work. Players should be careful not to reach for the ball, but to wait for it instead so they can hit it deep in the strike zone.



Right-handed hitters should try to drag the ball down the third base line. Left-handed hitters should generally drag the ball down the first base line, unless the first baseman is playing in close. In that instance, a left-handed hitter will have more success bunting down the second base line, past the pitcher.

Because the element of surprise is essential to making a drag bunt work, batters should pay attention to their regular patterns for batting. They should do the same things except stand a bit closer to the plate and slide their back hand up on the bat. When the pitch actually comes, right-handed batters should pull their right foot back and pull the bat down in front of their bodies with the barrel of the bat facing first base.

By pulling the bat in front of the body, batters have more control over where their bunt aims. This also helps bunters give the ball some length instead of stopping it quickly like in a sacrifice bunt.

Left-handed hitters should follow similar technique. The right leg steps toward the pitcher and batters bring the bat down in front of them, this time with the barrel facing third base. With a drag bunt, getting speed off the plate is not important, so hitters should not attempt the crossover foot pattern common to slap hitting. Instead, they should focus on bunting exactly where they want, down the first base or second base lines.

Push Bunt

The push bunt has the same goal of getting players on base as many of the other short game strategies. The best time to use a push bunt is when you can push the ball past an aggressive defense that is charging forward.

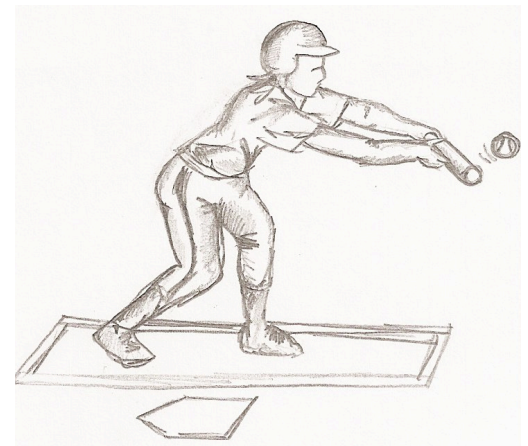
The conditions for a push bunt are opposite those for a drag bunt. Right-handed players should look for a first baseman that is deep in the field and a pitcher that falls to the third-base side. They should bunt down the first base line or hard to the second base past the pitcher.

Left-handed batters should look for a deep third baseman and a pitcher that falls to the first base side. If the third baseman and pitcher are in correct alignment with what the batter needs, the batter should aim toward the third base line.

To know when to hit a push bunt, look for the ball in the strike zone. An ideal push bunt is when the pitch is waist-high and on the first base side of home plate. When you have this situation, players should bunt the ball squarely with the bat, which will require the batters to turn themselves in the direction they are bunting the ball, in order to aim properly.

Certain errors are more common in push bunting than in either sacrifice or drag bunting, because the rhythm is different for batters. Left-handed batters are likely to want to run during the hit, but as the coach, you should teach them to hit the ball to the ground before running. Otherwise, batters lose control of their bunt and cannot aim effectively.

Right-handed batters have a tendency to swing too hard during a push bunt because batters are required to move the bat forward as it contacts the ball in order to give it the power it needs to pass the pitcher and get to the second baseman. This is where the real “push” comes in. Players are pushing the bat forward, not swinging it as in other batting techniques.



The push also comes into play with the legs. Players should push themselves forward, into the ball, with their legs.

Using the Short Game Strategies

Now that you know the different strategies and techniques for the short game, when do you use them? Most coaches look to the pitcher and third baseman to determine when it is appropriate to use their short game. The following times are good to use one of the techniques presented here:

- When the pitcher is in a good groove—this wakes them up and will often catch them off-guard for the first few batters who use their short game
- Late in the game with a batter on first—this will move the batter into scoring position by possibly letting them steal third

- With a pitcher that does not field well—this slows down the exchange and gives the runner more time to get to base
- With a catcher that does not move up quickly—this also slows down the exchange and, when paired with a poorly fielding pitcher, can lead to very positive results

Base Running Strategies

Because the short game is based on putting the ball into play and forcing the defense to make mistakes, players on base have to be aggressive.

When players are trying to beat a ball to first, they should never look at the ball. Instead, they should keep their eyes on the base and get there as quickly as possible. Avoiding the ball is not the point; therefore, the runner does not need to know where it is. Instead, her job is to get to base as quickly as possible and hope that it is quicker than the defense gets the ball.

The short game base running strategy is all about speed. To help increase speed, coaches should encourage players to do the following:

- Use each base to push off toward the next base
- When in doubt, slide
- Hit the bases on the inside corner, with the right foot if possible
- Explode off the bag when leading or stealing

When on second, it is essential that players know when to run on a ground ball. If the ball is to the right of the short stop, they should run. If the ball is to the left of the short stop, there is a greater chance that the runner will be heading straight into an out, so she should stay if possible.

Players should always be looking around them. They should pay attention to the base coaches long before they reach that base. They should also search for opportunities to run. As a coach, train your players to know exactly what is going on around them and when a good opportunity is for taking a base. If they ever start to advance and you think they should not, they can always turn around. However, if they wait for you to tell them to go, they have probably waited too long already. Empower your players by teaching them to use their judgment unless you say otherwise.

Finally, coaches should prepare players for the short game running strategy before the team even gets on the field. You and your players should be watching for the following things so you will know when it is appropriate to run and when you need to stay:

- Accuracy of throws
- Left- or right-handedness
- Strength of the throws
- Quickness of the catcher—release, strength, accuracy, and footwork
- Weaknesses or tendencies in the pitcher
- Type of backstop and how that will affect a ball that hits it

Conclusion

Effective short games are often overlooked among teams with powerful hitters. However, the short game is a great way to build team unity, comprehensive strategy, and fill in any weak spots on the team. Even those players who are not otherwise strong hitters can find their niche in the short game.

Because the short game is not seen as an integral part of many teams' offensive strategy, the teams that do focus on it and give adequate time and preparation to their short game will find themselves well-prepared for whatever team they come up against.

There are many minute details to the short game techniques described in this report, and nothing substitutes good, hard practice for improvement. More than coaching or videos or any other type of education tool, practice and repetition are the only things that will develop the rhythm and ease necessary to develop an accurate short game that delivers results.

Use the drills provided to work players up from the basics until they are ready to put the entire move together. If you increase the difficulty of drills incrementally, you will build your team's confidence, ability, and foundation in good technique.



For more tips on slap hitting, including step by step video instructions, drills, and coaching strategies that will help you effectively put the ball in play and exert pressure on the defense, check out Darren Mueller's Slap Hitting Mastery DVD Clinic here:

<http://www.softballspot.com/sp/slaphitting.html>

Recommended Resources

The Coaching Essentials:

Softball Drills & Practice Plans - Would you like to have 25 pre-designed practice plans at your fingertips? My ebook, "Softball Drills & Practice Plans" is jam packed with over 50 unique, fun and effective softball drills. The drills are fully organized into clipboard-ready practice plans... so you can prepare for practice in just 5 short minutes. Includes softball tryout plans and my own "Team Selection Matrix". Perfect for the beginner coach looking to get organized, or for the experienced coach looking for fun, innovative ways to teach fundamental softball skills. (\$34.68)

For more information visit:

<http://www.softballspot.com>

Softball Blueprint - Designing your own animated plays and drills can be as easy as 1-2-3. Softball Blueprint software allows you to create stunningly effective animated drills and plays and share them with your team in 3 super easy steps. (from \$49.95)

For more information visit:

<http://www.softballblueprint.com>

Online Clinics:

Underground Hitting Secrets Clinic - Every book, magazine article, and instructional video is just dead wrong about hitting- this clinic reveals 7 simple secrets that will improve your players' skills forever. The focus is on hitting mechanics... the specific "underground" secrets of stance, spine angle, head tilt, hand position and swing path that nobody seems to get right... and nobody ever teaches. Discover the 6 biggest mistakes hitters make and find out how to quickly correct even the most difficult-to-cure bad habits. (\$49.95)

For more information visit:

<http://www.coachkennybuford.com/ar/hitting.html>

Signs and Signals Clinic - Discover the secrets to a mega-effective on-field communication system that will give your team a massive mental edge on the competition. Find out how to make use of verbal, touch, and descriptive hand signals that are simple enough for your team to memorize and recall easily, yet deceptive enough to prevent other teams from "cracking your code". (\$29.95)

For more information visit:

<http://www.coachkennybuford.com/signs/fullstory.html>

Must-Have DVD Packages:

Sue Enquist's Hitting Bootcamp - Discover Sue Enquist's softball coaching secrets that will boost your hitting game to the next level FAST...World's most natural Softball Hitting System will have your players crushing the ball with lightning quick bat speed and titanic power - without even trying! You'll see how she kept her UCLA team on top of the rankings year in and year out. (\$239.99 + S/H)

For more information visit:

<http://www.softballspot.com/sp/hittingbootcamp.html>

Pitching Mastery Program (Featuring Dee Dee Weiman and Sue Enquist) - Discover the best kept coaching secrets behind softballs greatest pitchers. NCAA pitching guru and former All-American Dee Dee Weiman pulls back the curtain on her stunningly effective system for coaching softball pitchers. This is a complete system for coaching your pitchers, including mechanics, drills, mental training and more. (\$159.99 + S/H)

For more information visit:

<http://www.softballspot.com/sp/pitchingmastery.html>

Slap Hitting Mastery (Featuring Darren Mueller, North Dakota State University Head Softball Coach) - Slap Hitting Mastery presents a detailed overview of how to effectively put the ball in play and exert maximum pressure on the defense using slap hitting techniques. All key factors involved in sound slap hitting are covered including footwork, developmental drills, drag bunting, and more (designed for coaches working with beginning and experienced slap hitters). (\$39.99 +S/H)

For more information visit:

<http://www.softballspot.com/sp/slaphitting.html>

Softball Coaching Aids:

Solo Hitting Machine - This is the world's first "Self Contained" hitting machine that allows your batter to swing full speed at a moving target (just like real batting practice)...then get instant feedback on swing accuracy and power. You're batters will get a massive number of swing reps in only 5 minutes. Can be set up inside or outside. (\$249 + S/H)

For more information visit:

<http://www.coachkennybuford.com/ar/solohitting.html>

New coaching tools are being added all the time, for a current list of the best coaching resources we offer, please visit our main catalog at:

<http://www.softballspot.com/catalog.html>