


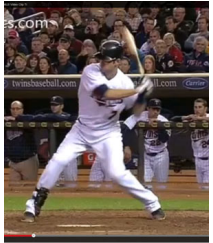



# SKILLS AND DRILLS

## FUNDAMENTALS: BATTING

<p><b>Grip</b></p> 	<ul style="list-style-type: none"> <li>• Bat handle should be held with 'door-knocking' knuckles aligned.</li> <li>• Bat held in fingers, supported by palms, not jammed into palms).</li> <li>• Hitters should be able to control the bat head through the swing – a lighter, shorter bat they can control is always better than a longer or heavier one that they cannot control adequately.</li> </ul>
<p><b>Stance</b></p> 	<ul style="list-style-type: none"> <li>• Weight around 60% on back leg.</li> <li>• Knees bent and flexed in an athletic position (but not seated).</li> <li>• Back &amp; Front feet pointing perpendicular to side of home plate.</li> <li>• Bat held in line with back shoulder but not resting on shoulder.</li> <li>• Shoulders and hips parallel to home plate / batter's box.</li> <li>• Back elbow between 45 and 90 degrees – over back foot or slightly inside.</li> <li>• Front elbow same height as back elbow in close to body (about 1/3 across chest).</li> <li>• Hitter should see pitcher with both eyes – eyes should be at same level.</li> </ul>
<p><b>Load</b></p> 	<ul style="list-style-type: none"> <li>• Slight upper body rotation (back shoulder and torso turn away from home plate)</li> <li>• Hands stay at shoulder level (or slightly higher) and draw back due to hip and shoulder rotation but always staying even or slightly closer to home plate than the back knee. Purpose is to create a little 'negative' tension in the upper body prior to starting bat to contact</li> <li>• A small stride or lift of the front foot will temporarily put all weight on back foot before shifting weight toward the ball – just lifting and replacing the foot is a good starting point for young hitters as it minimizes potential 'drifting' toward the hitting zone.</li> <li>• Head stays level, both eyes should be watching the ball</li> </ul>
<p><b>Unlock</b></p> 	<ul style="list-style-type: none"> <li>• Front foot touches back down on the dirt with bat still back from LOAD phase</li> <li>• Back foot rotates quickly on ball of foot to allow back knee to turn toward pitcher</li> <li>• Tension created against front leg – acts as an 'axis' on which the hips and upper body rotate</li> <li>• Hips naturally fire open toward pitcher – this forces the upper body to unlock tension created</li> <li>• Hitter keeps shoulders and hands back until momentum forces hands to be delivered through hitting zone – hands stay ahead of the bat until contact</li> <li>• Head will need to slightly adjust to see the pitch but should remain as level as possible</li> </ul>
<p><b>Contact</b></p> 	<ul style="list-style-type: none"> <li>• Hips fully rotated (belt buckle facing pitcher)</li> <li>• Back knee fully rotated – heel lifted, rotation completed on 'toes' of back foot... line from foot to knee should be near parallel to inside of home plate</li> <li>• Hands delivered to hitting zone ahead of the bat until point of contact, then bat rotates ahead of hands (notice bat trajectory and hands near impact)</li> <li>• Upper arm should be tight to the body at impact to maximize extension</li> <li>• At impact, should be close to straight line from top of head through lead leg – this will indicate effective use of front leg as rotational axis for hips and upper body</li> </ul>

### **Follow Through**



- After impact, front foot releases tension and rotates toward playing field
- Shoulders fully rotate beyond perpendicular to inside of home plate
- Bat follows through beyond lead shoulder (or lower, especially if 1-hand follow through)
- Head rotates past hitting zone to pick up the ball to assess result of contact and react

### **VIDEOS:**

THE BATTER'S BOX

<https://www.youtube.com/watch?v=8OgBH9LUIbo>

HITTING LOAD

<https://www.youtube.com/watch?v=nafPK7M0L3c>

HITTING CONTACT POINT

[https://www.youtube.com/watch?v=i1m\\_gjErrhA](https://www.youtube.com/watch?v=i1m_gjErrhA)

Hitting follow through

<https://www.youtube.com/watch?v=zPGSh62v01M>

Getting out of the box

[https://www.youtube.com/watch?v=qPTcWE\\_xqHQ](https://www.youtube.com/watch?v=qPTcWE_xqHQ)

Avoiding a pitch

[https://www.youtube.com/watch?v=RLjNRoil\\_Nw](https://www.youtube.com/watch?v=RLjNRoil_Nw)

Sacrifice Bunt

<https://www.youtube.com/watch?v=kMmcnhT3eOO>

Drag bunt

<https://www.youtube.com/watch?v=472d3LyM2Jc>

### **DRILLS:**

BARRY LARKIN DRILL

<https://www.youtube.com/watch?v=ncQ9K4bb0sY>

WALKING DRILL

<https://www.youtube.com/watch?v=rgEBvjr488c>

TWO BALLS TOSS DRILL

<https://www.youtube.com/watch?v=pOu6Rfnf8og>

CATCH AND SWING DRILL

<https://www.youtube.com/watch?v=1SzRURPLiew>

Tee Hitting Drills

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

### **FOR COACHES:**

How to throw a good batting practice

<https://www.youtube.com/watch?v=T7h0bmPi7Ts>