



## BATTING INSTRUCTION

### PART 1: LOWER BODY

#### Three steps

Ready Position / Stance

Stride

Swing

1/ READY POSITION / STANCE – setup; any position that is athletic, flexible and comfortable.

## Righty



## Lefty



2/ **STRIDE** – Before release, as the pitcher is in his motion, begin to gather your weight at the center of your body. If you have a leg kick, that leg kick should begin before release. The leg kick should come to the center of your body to promote proper balance, DO NOT stack your weight on your back leg. Keep your back knee in front of your back foot. If you do not have a leg kick, you should begin gathering weight on the back leg without allowing your knee to go over your back foot. At the release of the ball by the pitcher, stride forward, using the instep of your back foot. This will put you in proper direction with the pitcher (you should not forcefully place your front foot down, your stride will align your front foot for you). At foot plant, you should land on the power pad of your front foot with the foot pointing to 1st base if a righty, 3rd base if a lefty. The knee of the front leg should be bent, pushing from the instep of your back leg causing your back leg to straighten, with your weight about 60% on the front foot. Hands back, shoulder high with the butt of the bat facing the catcher.

## Righty



## Lefty



3/ **SWING** –Your front foot should straighten and become an anchor as you get into rotation towards the ball. You want to hit against the front foot to avoid diving into the baseball. The back heel will lift off the ground automatically with the front foot either lifting off of the ground or on the tips of your toes.

**Righty**



**Lefty**



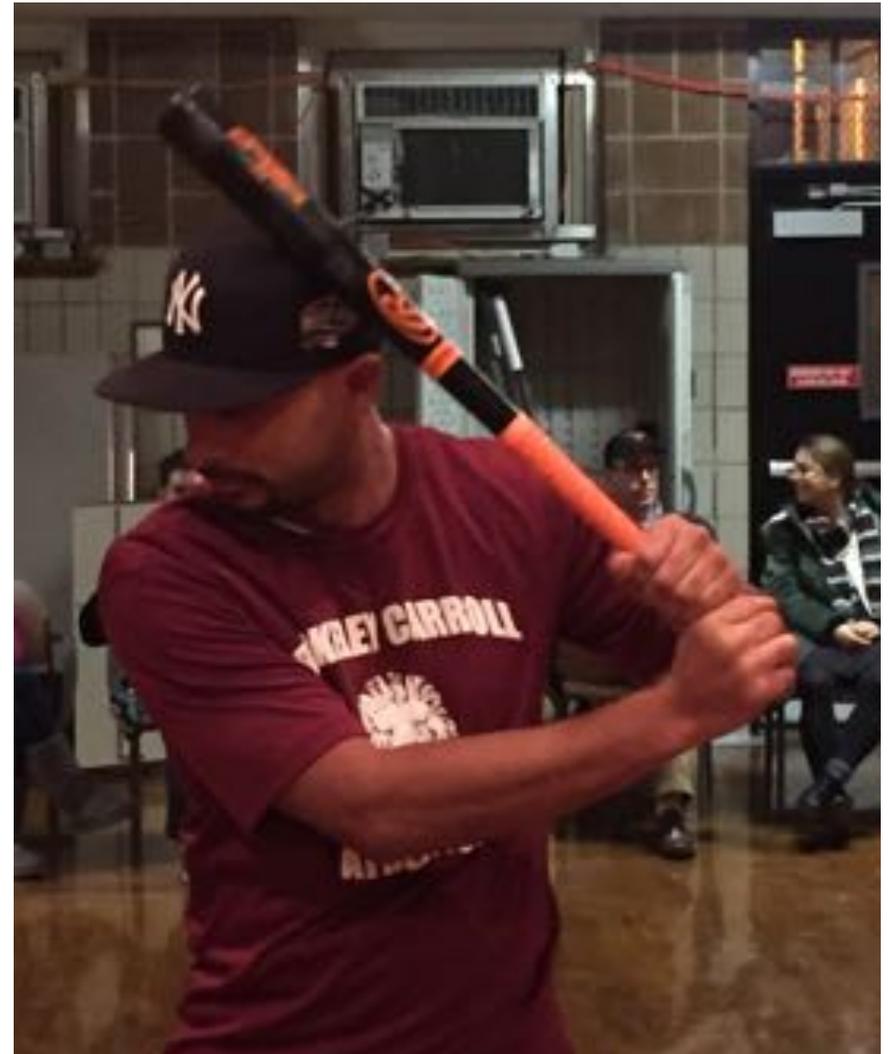


## BATTING INSTRUCTION

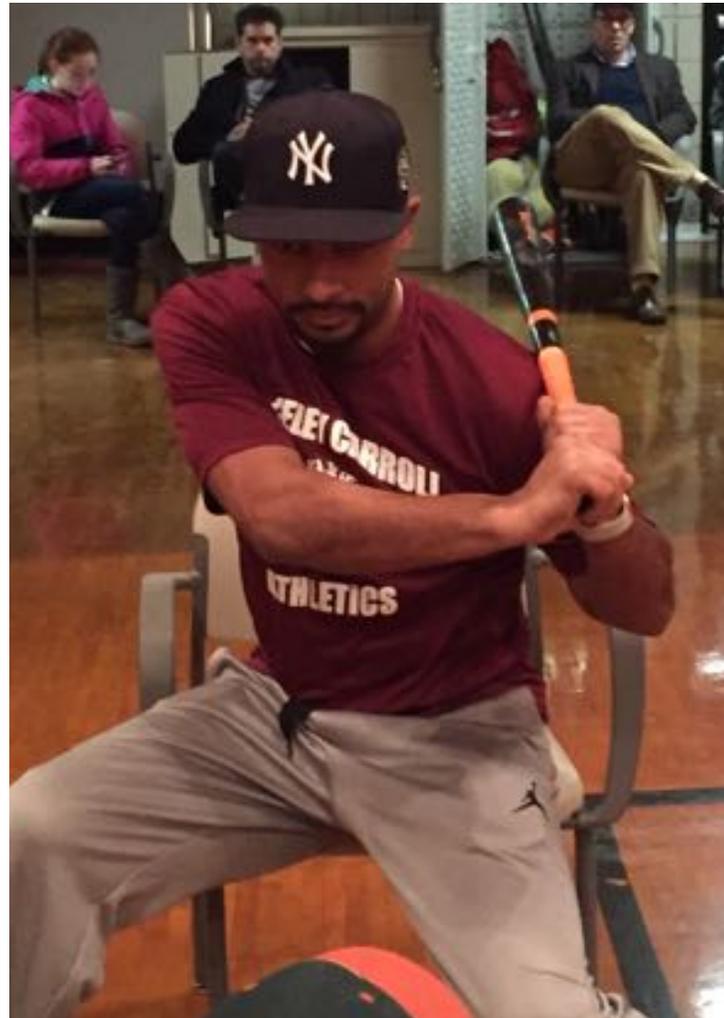
### PART 2: PROPER BAT LOAD POSITION

STANCE  
LOAD  
SWING

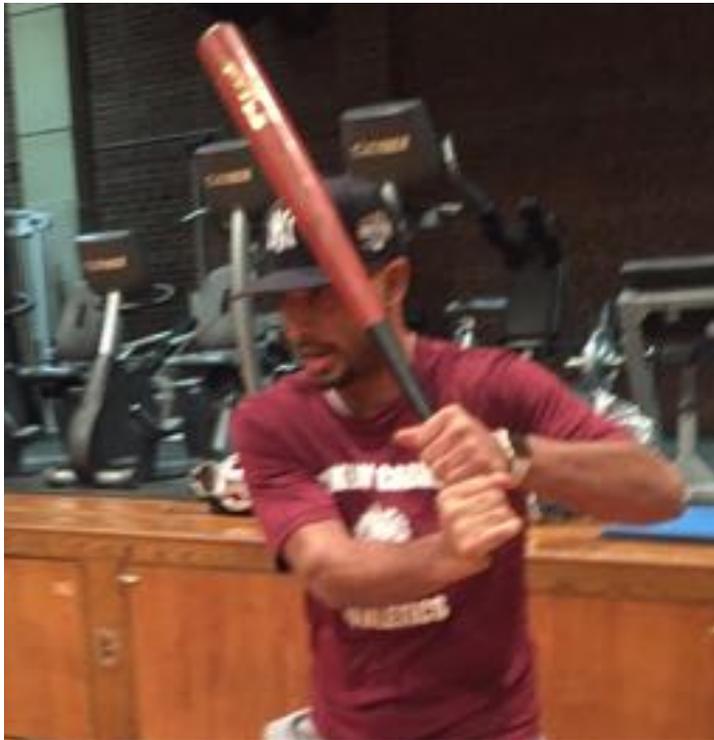
1/ **READY POSITION / STANCE** – review Part 1. In your ready position stance, the knob of the bat is facing the catcher – but do not wrap the barrel around your head/behind your neck. Barrel should be above your head (or slightly lean it onto your head to feel the position)



2/ **STRIDE TO LOAD**: Once you land on the powerpad of your front foot (ball of foot), the bat prepares to get into the hitting zone. (The hitting zone is from the front of home plate to the catcher's mitt.) The hands begin to move back and flatten, which causes the bat to flatten. The swing should be in the zone as long as possible so you should not be swinging down. The barrel enters the zone at the back of the zone. The hands appear to move back but they don't; they just stay over the back foot. The goal is to hit the ball hard, to put pressure on the defense to make a play.



2/ STRIDE TO LOAD: When taking your stance, the front elbow points down. When taking your stride, it points up.



**2/ SWING:** Once the front foot touches the ground, the bat begins to flatten behind the shoulders. But the hands stay back and shoulders stay closed – pointed at the pitcher. The back heel stays on the ground while loading. This happens in a quick fluid movement. Do not start the bat until the front foot is fully planted. It is all one motion once you've mastered the moves. Even if you legs and hips start early, your hands should stay back and you should be balanced. To be balanced your hips should be in the middle of your body.



2/ **SWING-POINT OF CONTACT:** When swinging, keep the bat inside the ball. Place the ball on the tee so that the seam is facing you like a big C. Try to hit the C.

