

Baseball Hitting Mechanics Checklist



Grip with Index Fingers Up



Depth and Distance



Stance with Bat at 45° and Elbows Forming a Box



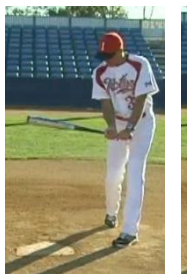
Striding on Thin Ice



Flashlight to the Plate



Contact Point - Inside



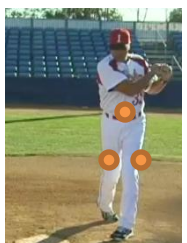
Contact Point - Middle



Contact Point - Outside



Front Foot Closed



Belly Button and Knees Finish Toward Pitcher



Chin at Back Shoulder

- Bat Selection:** Choose a bat that's not too light and not too heavy. A good bat allows you to take a short, compact swing every time
- Grip:** Hold the bat in the fingers and out of the palm, with the second knuckles lined up
 - Do not "death grip" the bat. Hold it like you are chopping wood with an axe, light and loose.
 - Checkpoint - extend the Index fingers and they should point straight ahead.
- Depth and Distance:** Place the bat so the end of the barrel rests on the outside of the plate. Set up in your stance so your front foot is up against the knob.
- Stance:** Good athletic position, similar to a football or basketball stance. Feet shoulder width apart, knees inside the ankles with good balance
- Bat Position:** Hold the bat at a 45° angle
- Elbow Position:** Form a box with the front arm and back elbow.
 - The closer the elbows, the shorter the swing. The further the elbows, the longer the swing and the more tension the hitter has.
 - Don't "stretch the box" and drop the baby. Keep the box tight and compact
- Stride:** Step softly, on thin ice, 4 to 5 inches, landing on the ball of the foot.
 - Hands go back as front foot comes forward.
 - Do not stride and hit simultaneously. Stride first, then hit.
- Lower Body Rotation:** Hitting power comes from the body's strongest muscles - the legs and hips.
 - The "Eyes":** the two knees and belly button are the "eyes" of the swing. During the stance and stride, the eyes face the plate. During the swing, the eyes face the pitcher. This allows the hitter to use his strongest muscles to generate power - the hips and legs.
 - The "Triangle":** the back knee, back shoulder, and front hip form the triangle. When you swing, try to slam the triangle into the baseball, which generates the proper hip rotation.
- The Swing:** begin by bringing the knob of the bat (the flashlight) to the plate. Keep the hands inside the ball. Swing path is similar to landing an airplane - a smooth downward stroke.
- Contact Point:** Elbows fully extended at contact with top hand palm up, bottom hand palm down.
 - Meet inside pitches at the front of the plate, with the bat pointed to 11 o'clock
 - Meet middle pitches at the middle of the plate, with the bat pointed to 12 o'clock
 - Meet outside pitches at the back of the plate, with the bat pointed to 2 o'clock
- Follow Through:** Can be two handed or one handed
 - Front foot closed to 45 degrees
 - Chin starts on the front shoulder and finishes on the back shoulder
 - Both knees and belly button facing the pitcher

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* **SALE BEGINS:** Monday, April 18th at 12 noon EST

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