

- HITTER'S CHEAT SHEET -

Hitting is part mental (positive attitude) along with good swing mechanics. Mastering these two points will not guarantee a hit, but it greatly improves their chances. Another important part of hitting is pitch selection (strikes). Struggling batters are usually swinging at bad pitches.

1. GETTING READY TO HIT (Have a plan -- go into Game Mode)

- i. Clear your mind of all distractions and know the game situation.
- ii. In order to help your young players focus better give them focal points on the field to achieve maximum concentration. (Either foul line, holes on the infield, gaps in the outfield).

2. BEFORE STEPPING INTO THE BATTER'S BOX (Swing Mechanics...preparing to hit)

- i. **GRIP:** Bat in fingers, not palms, "knocking" knuckles lined up in the "V"
- ii. Take practice swings to loosen up, review technique. "get into GAME MODE"

3. IN THE BATTER'S BOX (Swing Mechanics..."ground up" checklist)

- i. **LEGS:** Legs spread a little wider than shoulders, athletic stance, toes square
- ii. **HIPS and SHOULDERS:** Square and level (not tilted)
- iii. Point your toes straight across the front and the back of the plate.
- iv. **Slot:** hands back and the bat should be at an angle and lined up with the center of the helmet.
- v. **HEAD:** Still, both eyes on the Pitcher's throwing shoulder
- vi. **NOW RELAX!!!!**

4. HITTING (put it all together)

- i. **BREATH:** As the pitcher starts his windup, take breath of air and let half out.
- ii. **LOAD:** Apply pressure to BOTH BIG TOES (i.e. insides of feet)
- iii. **LIFT (NO STRIDE):** RAISE FRONT HEEL slightly to shift weight onto back leg
- iv. **LAUNCH:** DROP FRONT HEEL, rotate back knee toward pitcher (hips will follow)
- v. **EXPLODE:** Shoulders will follow hips, pulling hands (and bat) to the ball) Contact the ball on the top inside half of ball
- vi. **FINISH:** Low & Level swing through the ball but don't roll your wrists until the bat is pointing towards the middle infielders

Hitters Count

1-0, 2-0, 2-1, 3-0, 3-1 these pitch counts are telling the batter a fastball is on the way load up and drive it! Although, 3-0 is a hitter's count, you should not help the pitcher.