**Basics of Hitting**

* Stance
  + Feet Shoulder Width Apart
  + Weight balanced, not on heels
  + Feet pointing straight ahead
  + Knees slightly bent
  + Slightly bent forward at the waist
  + Start bat on shoulder; hand at chest level
  + Elbows bent in V’s or close to 90 degree angles
  + Chin toward front shoulder
  + Bat positioned straight from handle to barrel by the ear
    - Do not wrap the bat around the head
* Grip
  + Hold the bat more fingers than palm
    - ***Do not squeeze the bat too tight***
  + Hands together
  + Choking up the handle is recommended
  + Right hand on top for right handed hitters
  + Align second knuckles of both hands
* Ready Position
  + As pitcher sets up, lift bat a couple of inches off the shoulder
  + Maintain bat position, do not wrap bat around the head
  + Transfer weight slightly to back foot (foot away from pitcher)
    - Slight twist of should and hip away from pitcher
    - Bend front knee slightly in before taking a stride
  + Keep hands close to the body
    - The best swings are compact, “inside-out”
* The Swing
  + Take a short stride toward the ball
    - ***Avoid stepping toward third base (right handed)***
  + Rotate hips, bring back hip toward pitcher, while pivoting on back foot
    - Back foot is “smashing the bug”
    - Belly button should point at the ball (taking a picture of the ball with the belly button)
      * ***Avoid over-rotation***
  + Throw the hands or the knob of the bat across the chest at the ball
    - Think of pulling the bottom hand through or throwing a Frisbee with the bottom hand.
  + Hit the ball in front of home plate with a level swing
    - Swing hard (not defensive), without rushing the swing or over-rotating
  + Keep hips and shoulders level throughout swing (no up and down with the body)
  + Chin remains still; starts at front shoulder, then back should will rotate to meet
    - After contact, head and chin should be looking over back shoulder
  + ALWAYS KEEP EYES ON THE BALL THROUGH CONTACT
  + Follow through with both hands as long as possible until bat reaches around shoulders
    - “Short to, long through” – short swing to the ball, then long follow through
  + Drop the bat and run hard.