**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.