

1. Offense: swing
  - a. See the ball
  - b. Get there on time
  - c. Get the barrel of the bat on the ball
  - d. Hit. It. Hard!
2. Know your steps:
  - a. Grip
  - b. Stance
  - c. Ready – only when the pitcher steps on the rubber
  - d. Head position
  - e. Load/Trigger
    - i. This is the start of your swing. Timing!
    - ii. Mirror pitcher
    - iii. Makes no difference in power!
    - iv. Minimize head/body motion
    - v. Do not load hands
  - f. Stride:
    - i. Get to lower triangle
    - ii. Step away from bat
    - iii. Balance
  - g. Launch Position
    - i. First important position – good hitters look the same here
    - ii. Foot angle – maximize hip rotation
    - iii. Sunk down in athletic position
    - iv. Knob faces catcher
  - h. Swing:
    - i. Rotational portion starts when front heel drops
    - ii. Be violent. Big muscles engaged
    - iii. Get on plane early
    - iv. Stay connected
    - v. Be in control – 45lb plate example
    - vi. Hips lead the way
  - i. Point of contact
    - i. Main focus
    - ii. Eyes on ball
    - iii. Changes depending on pitch
    - iv. Palm up/Palm down
    - v. Firm front side
    - vi. L's in elbow
    - vii. Do not roll over
    - viii. Connected at point of contact, extension of follow through.
  - j. Extension:
    - i. Allow arms to release/disconnect
    - ii. Keep bat on plane
    - iii. Point at pitcher
    - iv. Finish high
    - v. Keep head down on extension
3. Swing development:

- a. Dry swing: Practice your swing steps a lot. Use mirror. Watch videos.
- b. Tee: Slow! Break down into sections, master
- c. Soft toss: Adding eye/hand coordination to your swing steps. Faster, but still slow
- d. Machine pitch: Timing. Must have swing sorted out before doing well at machine pitch.
- e. Game: No thinking! No advice! It is too late to fix anything at game time. Work must occur in practice.