

On-field Teaching Outline for Fastpitch Coaching Hitting Video #1

Teaching the Team

Line up team members -- with helmets and bats, in three rows, staggered.

Call out instructions as you demonstrate the movements.

Use the words in bold print very often, usually by themselves.

Set Up

Demonstrate and describe the stance, then have players **set up** four or five times.

Stand with **feet** outside shoulders, feet straight ahead, squared to plate.

Bow forward, **pull up** with shoulders, back over plate about 30 degrees.

Bend **knees**. Tip head down to look past kneecaps to front-most shoestrings.

Heels touch ground, weight on front half of feet.

Shoulders back, relaxed, pressed down.

Bat up with **elbows** down, feeling a bit out over the plate.

Hip turn drill

Put down bats -- not needed. **Set up**.

Put loosely closed **fists** in front of shoulders throughout the drill.

Maintain good **posture** throughout the drill.

Execute movements with precision, **mechanical, like a robot**.

Load

by pressing your whole body back about 2 inches toward the catcher and drop your front shoulder about an inch. Keep your weight on the inside portion of your back foot.

Step

Step by lifting your front foot just off the floor, then shifting your weight onto the ball of your front foot, leaving your front heel up, your front knee bent, and your front foot still pointing to the plate.

Lift

Lift back heel; keep **shoulders** still.

Front shoulder stays down; **front heel** stays up; **front knee** stays bent.

Fire

After hips have turned an inch, **fire hips** to pitcher. Hips stop but shoulders turn farther.

Players say "**Load, Step, Lift, Fire**" as they execute the drill.

Keep your body level as you fire. Maintain good **posture**.

Back straight up at end of drill, as viewed from the side.

Body leaning in over the plate at end of drill, as viewed from the pitcher or catcher.