

On-field Teaching Outline for Fastpitch Coaching Hitting Video #2

Teaching the Team

Line up your 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.

The Swing

Set up.

Hold your **bat** an inch **off the end of your back shoulder**.

Relax shoulders and arms.

Top of hands below bottom of **chin**.

Hands in front of toes.

Drop **bat** to **45 degrees over shoulder**.

Wrap your bat so the bat head is at the middle of your head.

Look at your hands for next time.

Elbows should support your hands.

Do a hip turn drill starting with the bat in the ready position.

As you Load and Step, **press your elbows back a bit** toward the catcher and **hold your shoulders still** except for the slight drop of your front shoulder.

Gently **Lift your back heel** to start your hips.

At the same time, gently start to **Slide your elbows toward the pitcher**.

Keep your elbows level to the ground for the first inch or two.

Without stopping, **Fire** your hips. Let your **shoulders be pulled by your hips**.

Do not intentionally start your shoulders turning. Let them start turning when the hip turn makes them turn.

Continue to **slide your elbows** forward. **Keep your elbows bent**.

Let your bat head fall toward an imaginary ball.

Your hips should turn fast to provide whipping action to bat.

Finish your swing. **Pull your bat** into your left shoulder, bringing the bat head above your hands. Swinging without a ball or target to hit is called "**taking a dry swing**."

Practice this until all of your players can execute a hip turn drill as part of their swing, even if it's far from perfect. Then move on to "Hitting Off a Tee."

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Hitting Off a Tee

Keep your eyes on the ball but do not think about hitting the ball. Think about your hip turn or elbow slide.

Never try to put the bat onto the ball.

The first few times hitting off a tee, do almost nothing with your hands and arms until the hip turn forces your bat to start moving forward. Feel like you don't really want to swing the bat, just guide it a bit.

Your hands and arms should stay above the ball, near your chest, as you execute the hip turn.

Keep your elbows bent until your bat hits the ball.