

## **On-field Teaching Outline for Fastpitch Coaching Hitting Video #4 The Step, Timing, and Finishing the Swing**

### ***Teaching the Team***

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

Each player should have a throw-down home plate to stand beside.\*

Call out instructions as you demonstrate the movements.

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

### ***Measure Off Distance from Plate***

Here's how to **measure off** the distance to stand away from home plate:

Right-handed batters **put your left foot** where you guess is about the right distance.

Then put your **right foot in front** of your left foot, your right toe at the edge of the plate.

Then lift your left foot and **touch your left toe to the heel of your right foot**.

Then **move your right foot closer to the catcher**, so your feet are outside your shoulders and both feet are the same distance from the plate.

During practice, do this as needed. During a game, do this only once or twice during your first at-bat, if desired, not every time up. Try to remember what it looks like and feels like, **noticing any indentation in the dirt** from previous batters.

Concerning how far up toward the pitcher to stand, put your front foot between the **front edge of the plate** and the plate's midpoint, **where it bends inward**.

### ***The Step (or Stride)***

Start the Step with a Load -- "**Load Step**" -- about the width of your foot.

The Step ends at **Toe Touch**.

**Load Step** is done for every pitch unless bunting.

If you decide not to swing, you will complete **Load Step** before stopping your swing.

Step straight ahead, keeping your front foot and knee pointed at the plate until **Heel Plant** begins.

Keep your front heel up until the hip turn forces it down. This is called **Heel Plant**.

### ***The Lift***

**Lift** your back heel right **after toe touch**. Feel your hips turn an inch or two.

**Slide your elbows** gently forward about an inch during the Lift.

Keep your shoulders from turning during the **Lift** and **elbow slide**.

Then **Fire** your hips hard. It should feel like they are pulling the shoulders around.

At the same time, **slide your elbows** hard, in time with your hips.

### ***The Finish -- Extend the hands then follow through***

As the bat contacts the ball, **extend your hands to the pitcher** about 2 inches past the contact point.

While you **extend your hands**, feel the bat head force your right hand (for righties) to **roll over** your left hand.

While the rollover occurs, bend both elbows to **pull your hands straight** into your left shoulder.

Bring your bat head above your hands as you pull them in. It feels like a "**big finish.**"

\*Please refer to my video blog called "Recommended Batting Equipment" to learn how you can make throw-down home plates out of heavy-duty white shower curtain liners, saving a bundle.