

Rhythm – Dynamic Setup, all hitters have rhythm in their stance.

Two eyes on pitcher – A position of the head in the setup allowing the hitter to see the ball with both eyes.

Shoulders Square – A position in the stance where the shoulders are neither closed or open too much.

Knob of bat to catchers knee – A good reference on how to hold the bat in the stance.

Back elbow relaxed – A position in the stance where the hitter is not too tight in his/her upper body, shoulders, or elbow. A relaxed hitter is a fast bat hitter.

Spread, Square, body Lean In – A position in the stance where the hitter has the feet spread approximately shoulder width apart, feet square point straight ahead and parallel, and a slight lean in at the waist.

Weight on balls of feet – A position in the stance where the hitter has the weight on the balls of your feet and not in the heels.

Eyes - The hitter should be in a position where your head is turned so you can see the ball with both eyes. Remember that lack of head movement helps the hitter see the ball better.

Upper Body hands – In the stance, the hitter should have hands UP and IN. Hold the hands “In the Slot”.

Lower body Hip - In the stance the hitter should stack the back knee, hip and shoulder. The back hip cannot go too far back during Load and the hitters weight should not transfer so far back during Load so as to make the mistake of using the muscles on the outside of the back leg. The hitter should use muscles on the inside of back leg.

Stride type - there are four basic types of stride. 1. Traditional old fashioned glide step. 2. Double toe Touch. 3. High knee lift. 4. No Stride. Pick one and stick with it. HH does not usually teach “No Stride”.

Toe Touch - A part of the swing just after Load. Toe touch is part of the stride. First comes the toe touch followed by the heel plant.

CSA - The stride foot needs to land strong and closed and remain closed until after contact.

Heel Plant – A part of the swing just after Toe touch. Just after heel plant comes “Connection”. Hitter should transfer weight into heel/closed stride angle during rotation.

Lack of head movement – The hitter is reminded to keep head still “In the Circle” after Heel Plant. After Heel Plant and during the Swing phase the hitter should not move head up or down and should not continue to move head forward. The hitter should “stay back” with upper body after heel plant.

Linear Movement - A movement forward during heel plant and after toe touch. The hitter will slide weight forward and the front heel comes down.

Bracing Front Leg –_Straw Paw, the bracing of the front leg, similar to drinking from a straw, a hitters energy needs to come up from the front leg and transfer throughout the body for maximum bat speed.

Pelvic Snap – A tighter description than hip rotation. A shorter and quicker rotational movement. Rotation begins in the pelvic snap and works up through the body.

Momentum Flow – A movement of weight sliding forward but not too far. The movement forward blends into a rotational movement during pelvic snap. A movement that allows hitter to be “connected”. This means that the hitter’s parts are connected and uses upper half and lower half of body efficiently to maximize bat speed.

Connection – A part of swing just after heel plant. During Connection the hitter connects back elbow DOWN to side of body/ at or near rib cage. The hitter should not cast hands away from body or become “Loose” during connection. Also it is important to remember to keep bat near back shoulder during connection (keeping back wrist bent “longer”) to maximize bat speed.

Bat Lag position - A part of the swing just after connection and before contact. The hitter should demonstrate Power “L” at bat lag and there will be a slight slide forward of the hands during bat lag. Some hitters like to think “pull the knob of bat towards the pitcher at bat lag”.

Power “L” – The strength position of a hitters back arm. This position promotes more strength and quickness along with a cleaner bat path.

Shoulder “V” – A position created by the Power “L”, a flexed front arm and the rotation of shoulders. The closer shoulder rotation is to the pelvic snap the more “connected” the hitter will be.

Palm up, Palm down – A position of the hands at contact. At contact the hitter should have top hand palm up and bottom hand palm down.

Swing plane slightly up – A part of the swing Plane. At HH we teach to swing the bat barrel down to the ball and then just before contact the swing plane should be slightly upward. This is NOT called an upper cut at HH.

Extension – a part of the swing after contact and just before finish. The hitter will contact ball palmup/palm down and then get through the ball staying on plane with the ball. After contact the hitter’s swing plane should carry them to a position where the bat is pointed towards the pitcher. This position can also be referred to as shoulder “V”.

Leverage points “connected” - A reference to the hitter when firing on all cylinders. On balance, hitting with upper half and lower half, moving hands in unison with pelvic snap.

Flow continuous transfer – A hitter’s rotation begins prior to the stride foot landing “rotate into foot plant” ._The back heel should begin to rise as the stride foot lands to promote transfer of momentum throughout the swing.

Hands close – a reference to hitting inside pitches. The hitter should start out all swings on hand path “A”. When the hitter recognizes an inside pitch he/she will keep hands in close during the swing.

Gap to Gap – A reference to seeing a pitch in the middle of the strike zone. The hitter has hands in a place going to hand path “B”. Then we are able to hit the ball from left/center gap to right/center gap.

Hands lined up with Front leg – A reference point to where hands might be at contact on hand path “B”.

Hands lined up with back leg – A reference point to where the hands might be at contact on hand path “C”. Outside pitch.