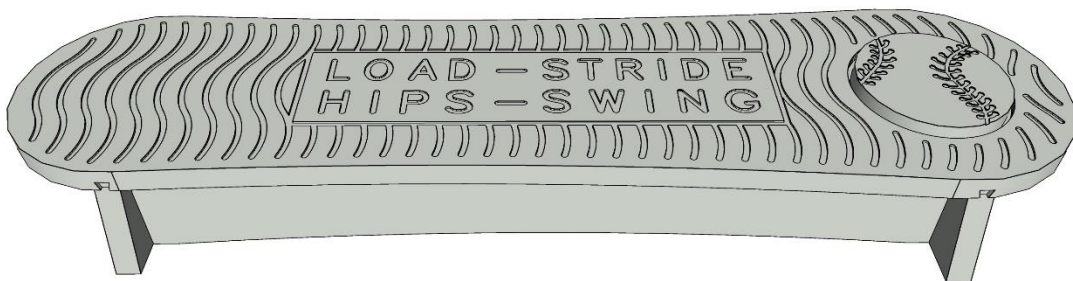




Thank you for purchasing **Batters Box Basics**! This training device is proudly manufactured in the United States with American made High Density Polyethylene. The polymer will withstand outdoor conditions and will not rust, rot or fade when exposed to the sun or water. The Batters Box Basics is designed to be used both indoors and outdoors. If you are practicing indoors, on a hard surfaced floor, make sure the (4) rubber, non-slip pads, are on the feet to ensure the Batters Box Basics doesn't slip while in use.

There are four basic steps- Load, Stride, Hips and Swing. Practice, practice, practice until these steps become muscle memory and your natural swing.

If you want to watch instructional videos or more advanced videos showing how to improve your bat speed or how to read the pitch and make contact with the ball, you can find those videos at www.battersboxbasics.com.



Care and Use:

To remove dirt, use mild soap with a nylon brush. The rotating disc (baseball) and bearing are removable by pressing them off, through the two holes on the underside. Be careful not to lose the disc and bearing during transport.



LOAD

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STRIDE

-

HIPS

-

SWING

To start, step into (or on) the Batters Box with feet shoulder width apart, back foot is centered on the rotating disc (baseball). Be on the balls of your feet, knees bent, relaxed, balanced, and comfortable.

The first step is **LOAD**. As the pitcher is winding up to release the pitch, shift a little bit of your weight towards your back leg and pull your bat back, positioning it at the start of your swing which is behind your head, a few inches away from your helmet. Your elbows are up and level. Again, stay loose and relaxed with a light grip on the bat.

The next step is your **STRIDE**. Once the pitch is about a third of the way towards home plate, take a small stride (a few inches) towards the pitcher's mound while keeping your weight back. One of the biggest mistakes that players make is to lunge forward while taking their stride. You need to keep your weight back. The reason for your stride is to allow you to rotate your hips and square off with the pitcher, which is your next step, **HIPS**.

Be patient and wait until the ball is at the front of home plate then quickly explode by pivoting your back foot as your hips rotate and square off with the pitcher's mound. This motion starts your swing. Immediately after exploding off your back foot, you want to start your last step which is your **SWING**.

Your weight continues to shift forward as you swing your bat in a downward arc motion, as if you are slicing the baseball in half with your bat. Your arms should be fully extended as you make contact with the ball.

As you go through these four steps, you want to make sure you are loose and relaxed, and your head stays still with your eyes focused on the ball the entire time. All your power and bat speed will start at your back foot, transfers up your back leg, hips, chest, down your arms and through your wrists as your bat hits the ball. These four steps make a continuous and smooth motion.