

batters box basics



LOAD



STRIDE



HIPS



SWING

To start, step on the Batters Box Basics 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.

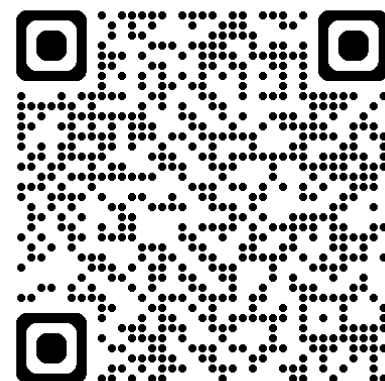
The first step is **LOAD**. As the pitcher is winding up to release the pitch, shift a little bit of your weight towards your back leg and pull your bat back, positioning it at the start of your swing which is behind your head, a few inches away from your helmet. Your elbows are up and level. Again,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



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