



Hitting Overview

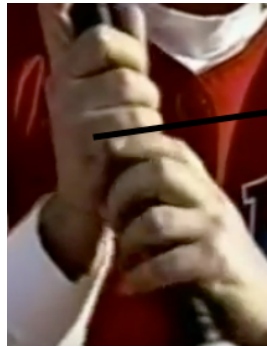
1. Stance

1. Knees wider than shoulders
2. Weight on balls of feet (not on heels)
3. Toes neutral or slightly turned in



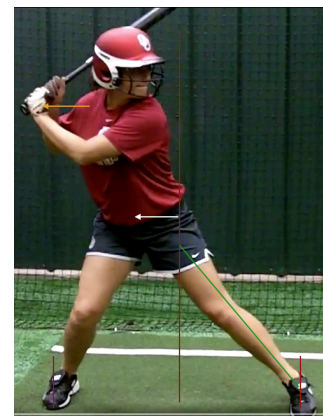
2. Grip

1. Loose
2. Knocking knuckles to rings
3. Fisherman's grip
4. *bottom hand pinky over knob



3. Load

1. Shoulder / hip rotation
2. Maintain the front "L"
3. Back elbow can be up or relaxed
4. Load weight back, but not over the back foot



4. Transfer (Stride and Separate)

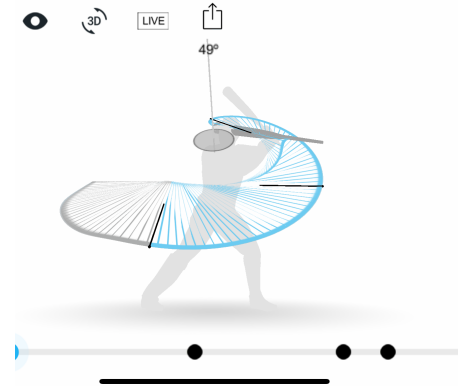
1. Stride forward, transfer weight forward (can be a no stride hitter if preferred with significant stance)
2. Hips start to open (can plant open)
3. Shoulders and hands stay back, maintain the L





5. Swing

1. Drive the front elbow as the shoulders start to rotate forward
2. Keep the shoulder closed as long as possible
3. Maintain the L
4. Keep back elbow even or behind the hands
5. Keep hands close to the chest for the initial movement
6. Get the bat on the plane of the ball
7. Swing through the plane



6. Finish

1. Finish the swing through full extension
2. Extension should be completed "up the middle". Depending on location of the pitch
3. Complete the swing up and over the top, now around the waist.



Proper Attack Angle:

0-14 degrees

Proper Bat Angle:

20-40 degrees

Best Launch Angle:

25-35 degrees

Bat Speed:

38-52 - youth 14U travel and below

49-63 - high school

54-66 - 16U-18U travel

58-70 - college

63-75 - professional

(anything over these metrics in the age bracket would be considered elite)