

Orono Baseball Association—Player Training Guide

LESSON: Spartan Hitting Progression

PURPOSE: Learn Hitting Fundamentals consistent with OHS hitting progression

Step 1: Plate Coverage

Straight arm + Bat to end of plate

Step 2: Grip

Knuckles aligned, Index Finger Test, Fingers not Palms



Step 3: Stance

Square feet to pitcher

Head Square and Eyes Level

Chin over toes (knee flex, balls of feet)

Hands at top of strike zone (up, back, in)

Feet as wide as the bat (first use outside shoulders)

Bat at 45 degrees (knob points to opposite batter's box)



Step 4: Stride

TO HIT not AND HIT

Land ball of inside of foot

Foot down and hands get back over back foot (trigger)

Weight is still back on stride (should be able to pick stride foot up and re-stride)

Straight to pitcher to be in a square hitting position



Step 5: Pivot

"Show cleats to the catcher"

"High heel" is our terminology

Step 6: Swing

Barrel head to ball

Lead barrel head to ball with knob

Palm up – Palm down

Step 7: Follow Through

Support two hand finish

Balance --not falling over

Checkpoints – head, eyes, back knee, back heel, belly button to pitcher

