



## **How To Coach Hitters**

### **16 Tips For Better Mechanics**

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# How To Coach Hitters

## 16 Tips For Better Mechanics

This report is designed to provide you - the coach - with specific coaching tips and pointers you can use with your players to develop a better stance, correct common mistakes, and build a solid foundation for the swing. You can use these coaching tips during batting practice, one on one workout sessions, or for quick in-game reminders.

### 1. Have a stance that works for you

This doesn't mean you have to have a textbook stance you just need to find a stance that you're comfortable with, as long as you put yourself in a position to hit and time your stride.

### 2. Be soft

Don't stamp your stride foot down, place it softly. Imagine stepping down on an egg, or thin ice, or even that there's a baby sleeping nearby – whatever analogy works best to remind you to step softly with your stride. Also, keep in mind, the most important foot in a stride, is actually the back foot. You need to make sure you keep the heel of your back foot down on the ground, as this will keep you from overstriding with your front foot.

### 3. Land and stride on time

As long as you get your foot down on time, you can get in front of anything. If you try and hang and then accelerate as the ball approaches the plate, more than likely you're going to be late and end up getting jammed.

### 4. Have proper timing

You want to time your swing so that that your bat head is directly over the plate in a power position right when the ball is crossing it, so figure out how long your swing takes to get to that point and learn when you need to start your swing.

### 5. Separate your hands from the stride

Your hands and your stride should be two separate movements. As your stride begins, your hands need to stay back. Don't let your hands come early with the stride – keep your hands back and stay in a power position that will allow you to drive the ball.

## **6. Separate the stride from the swing**

You want to follow the three S's. You want to Stride. Stop. Then Swing. You want to step *to* hit. Not step *and* hit.

## **7. Stay tall and away from the ball**

Imagine a wall between you and the plate preventing you from leaning over. If you begin to bend over the plate in your swing, you'll add extra unnecessary movement that will just slow down your swing. A great way to remind yourself of this is to focus on hitting the ball with the end of the bat. This will remind you that you need to stay away from the ball, and prevent you from bringing your ear down to the ground.

## **8. Keep your feet apart at least until contact**

If you bring your feet together during the swing, you're going to be sacrificing power. Imagine a rubber band connecting your two feet together, and the tension on the band as the amount of power in your swing. If you bring one foot forward or back before you've hit the ball, the tension, and power, will be gone.

## **9. See the ball properly**

Make sure to watch it right from the release point all the way to contact. Depending on the pitcher's release point, the ball will come from different places. A regular over hand pitch will come from the right side of his head. For a sidearm pitch focus in on the belt buckle and the rest of the belt on the side of his pitching arm. And if you come across a submarine pitcher, you want to look more to the feet area. If you're having trouble watching the ball all the way into your bat, make sure you aren't changing your eye level in the middle of your swing.

## **10. Let the ball get deep**

You can fix most of your bad hitting habits just by letting the ball get deep. You should be making contact with the ball inside of your front foot – this will increase your rotation and improve your ability to hit through the ball. If you hit the ball too early your arms will be so far away from you, losing all the power you would have if you were tight and compact. But don't confuse being late with letting the ball get deep.

## **11. Get to a strong position to hit**

Consistent hitting comes from landing your stride consistently on time and in a strong position to hit. By putting yourself in a strong position to hit, you'll be able to swing with

a lot of power, but also adjust to the speed of the pitch. In a good position to hit, the front foot is closed, the knee is inside the foot, there should be a little flex in the back knee, and a good box up top, with your hands right behind your shoulders, with your head looking at the ball with both eyes. You should also make sure you're square to the plate, to avoid adding extra movement by closing up, or losing power by being too open.

## **12. Avoid wasted movements at the beginning of the swing**

If you bob up and down during your swing, you're making it much more difficult for you to hit, because you're basically creating a human sinker. If you move up, the ball won't be where you expect it to, and you'll end up topping over the ball and hit a lazy grounder. And if you move down, you'll have the same result, just with a lazy fly ball.

## **13. Start your swing with maximum power**

There are five things you need to do to start the swing with maximum power: snap the front knee, pivot the back foot, pull the hands down, see the ball into the bat, and blow your hands away. Think of the five of these things coming together to give you 100% power to start your swing – each one you don't do is making your swing 20% weaker! Also, if you land your stride on your big toe, stamp your heel down instead of snapping your knee.

## **14. Create torque**

To create the power on the bat, you should be pushing back with your front foot and your back foot to go forward so that all that torque is unleashed in the middle of your swing as you make contact.

## **15. Coordinate the hands with back foot**

Time it so that you are bringing your back foot down as you slash your hands down to maximize the power you generate on the back end of your swing.

## **16. Keep your body back and throw the hands in front**

Think of it as a tug of war between the pitcher and the catcher - the catcher is pulling the back heel back, and the pitcher is pulling the hands forward. You'll stay right in the middle, and you'll have great extension and rotation, and you'll be able to transfer all the power you've generated through the bat into the ball.

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