

FOOT WORK

1. Start with your right front foot even or behind the front edge of the plate.
 - a. The important thing here is to practice your foot work to see where you should start from.
 - b. This depends on your comfortable personal stepping distance.
2. Then drag your right front foot back towards the center of your body to help with timing and get yourself ready to run.
 - a. This clears the path for your back foot to move forward.
 - b. This is essentially your load and it begins when the pitcher brings her hands back to load her pitch.
 - c. This step is very dependent on the batter practicing her timing and adjusting as they improve their speed.
3. Next you bring your left back foot forward in-front of your right foot and plant it.
 - a. This foot should land and plant about six inches behind the Tee or contact with the ball.
 - b. Key here is to keep your left foot facing towards the pitcher, not to turn it to run yet
 - c. Almost like you lead with the back of your left foot heel, toe should be facing towards the 5 / 6 hole
 - d. It is also important to bring your hands with your hips. Don't let your hands fall behind.
4. Last step is to bring that Right foot forward with your toes pointing at first base.
 - a. This is when you begin to run.

HANDS

1. Your hands are close to your body. Hands will choke up and slide up the bat as your left back foot comes forward and is planted solid.
2. This is about control of your bat.
3. The amount you choke up on the bat will determines whether you want a hard slap or a soft slap.
 - a. The more you choke up the less power and more control you will have on the hit.
 - b. The less you choke up the more power you will have but less control on the hit.

MECHANICS

1. You want to try to keep your hands inside the ball. This is true whether the pitch is thrown inside or outside of plate.
2. You will lead with your hands with your bat lagging behind as it follows through the hitting zone.
 - a. In most cases you are trying to slap the ball to the left side of the field between the 5 and 6 hole.
 - b. You will do this by using the bottom 1/3 of the bat to make contact with the top 1/3 of the ball.
3. The goal is to keep your front shoulder in and down.
 - a. The more you angle your front shoulder down the better your success of hitting the ball down.
 - b. The more you angle your front shoulder up the more likely you will hit the ball up into the air.
 - c. On a soft slap you want your front shoulder in and down with your hands inside.
 - d. On a hard slap you may want your front shoulder up with your hands inside to try to hit the ball over and the clear the infielders.

Notes

1. The batter would do everything the same to execute a drag bunt. Batter could adjust their hands a bit to the bunt if preferred.
2. The batter can do different things to try to hide the slap hit / drag bunt by how batter line up in the box.
3. If player enters batter's box in normal batting position and then can adjust after pitcher begins motions this creates what coaches refer to as a triple threat.
 - a. Triple Threat = means this batter can full swing / slap hit / and drag bunt = other teams defense have to react and adjust very quickly
4. Working off a Tee is a great way for beginners to practice mechanics.
 - a. This practice Tee work should be done in a slow progression = walking / jogging / then full speed
 - b. When placing the ball on the Tee place the ball so the railroad tracks are facing back (laces)
5. **This is a very advanced hitting technique and should be practiced two to three times a week. It is all about timing and continuous motion.**