



## Hitting Instruction

1. Introduction – Coaches
  - a. Safety
    - i. Bat discipline
      1. Swing in designated areas only
      2. No throwing the bat
    - ii. Helmet discipline
      1. When hitting or on deck
2. Batting Stance/Swing Discussion
  - a. Batters box – stand with front foot at corner of plate
  - b. Grip – Index fingers should point in same direction
  - c. Stance – Feet shoulder wider than shoulders (bat length), knees bent in athletic stance
  - d. Hands – Between shoulder and ear height (comfortable)
  - e. Load – Weight transfer to back foot
  - f. Stride – Small step toward the pitcher
  - g. Hip Rotation – Belly button to the pitcher
  - h. Arms – Hands to the ball (axe to a tree/double karate chop)
  - i. Finish – Both hands on the bat
3. Group Instruction (all players spread out) – coaches circulate throughout the group and provide feedback
  - a. “Invisible Bat” – Practice swinging motion without bat (all together)
  - b. “Invisible Ball” – Practice swinging real bat at a tee without a ball (all together)
4. Stations
  - a. Station #1 – Wiffles (pitched by coach)
  - b. Station #2 – Batting Cage/On Field or Outfield
  - c. Station #3 – Soft Toss/T-work (into fence or bow net)