

Advanced Hitting Review

Stance:

1. Start in athletic position
2. Head between knees
3. Knees between feet
4. Maintain some sort of movement ; Don't be a statue (how body senses where we are)
5. 2 eyes look at pitch
6. Appropriate distance from plate ; hands don't go over plate
7. Allows for bat lag to travel down the plane of the pitch

* Bat Lag – defined as when bat enters strike zone to the time it leaves the strike zone

Negative Move / Load:

1. Gets body ready for positive move
2. Any move that creates an attacking posture
3. Generates energy prior to positive move

Toe Touch:

1. Foot at 45 degree angle
4. Attacking posture
5. Equal bend in knees
6. Hips square to plate
7. Hands inside or equal to front elbow
8. Hands inside or equal to back elbow
9. No more than a 12 degree turn of the front shoulder
10. Angle in your bat
11. 51% weight onto front side
 - a. line down from inside eye, right down through middle of feet

Heel Plant:

1. Head Stabilizes – stays at the same height
2. Front side firms up ; (don't let kids stand up when firming up)
 - a. Front leg firm up – hips stop rotation (it is the hips stopping there rotation that takes the bend out of the front knee), this allows transfer of energy from lower body to hands and through the bat
3. Posture reverses from toe touch (your hips not your head)
4. Bat Lag – when bat enters strike zone
 - a. Hitting in a big zone – getting the bat on (plane of pitch) as early and staying through the zone for as long as possible
 - b. Hands should be out in front during bat lag
5. Front elbow should be above hands and hands above barrel during bat lag

Contact:

1. Head and eyes focused on contact area
2. Elbow above hands, hands above barrel
3. Wrist straight - one palm up, one palm down

Dynamic Stretching

1. Arm Circles (Thumb up, Palm up, Palm down)
2. Hand walks
3. Lunges moving, twist over bent knee
4. Frankenstein's
5. Knee Pulls
6. Step over the fence
7. Big Skips
8. Karaoke
9. Back Pedal and Sprint Forward

Arm Bands

1. Arm Circles
2. Internal Rotation
3. External Rotation
4. Waving "Hi" Elbow 90 degrees to ground (Forward and Backward)