

HITTING CHECKLIST

1. **Establish a comfortable stance.** For shorter stride and better balance, start with the feet spread several inches wider than the shoulders.
2. **Keep the hands up.** They should be placed comfortably near the back shoulder, for a downward path to the ball. The back is straight and the weight forward, on the front part of the foot.
3. **Hips level, front shoulder down.** Keeping the head down and in prevents the batter from pulling off the ball.
4. **Batter "sets" with weight shift back.** Weight shifts to back leg with slight counter rotation of upper body.
5. **Stride is short and soft.** Stride is towards pitcher's belt buckle. Stride toe points in. Eyes remain level.
6. **Hands and weight stay back.** In coil position until the swing starts.
7. **Spin from the ground up.** The knees and hips pivot first, followed in rapid succession by shoulders, arms, hands and finally the wrists. Eyes, hips and shoulders must stay level.
8. **Front leg straightens and back foot pivots as bat approaches contact.** Use both legs to spin. This accelerates the pivot for maximum power.
9. **Track the ball right to the bat.** Head must remain still and eyes steady.
10. **Full arm extension at contact.** Wrists snap to produce maximum bat speed. Like throwing the bat at the ball.
11. **Follow through.** Allow the bat, hands and arms to complete the arc to a point well behind the body.

