

LAKEVILLE SOUTH HITTING ESSENTIALS

Goal: Hit any pitch in or near the strike zone for a hard line drive in the direction of where the ball is thrown.

- **Keep stance simple to get to a good load**
 - Vision is most important.
 - Back foot square!
 - elbows/knuckles over ball of back foot and knee
 - Align knocking knuckles
- **Stance to load.**
 - Keep stance simple to get to a good load Vision is most important. Back foot square!
 - weight- more on the back foot, shoulders lined up with pitcher
 - Load hands to launch position. Keep hands loose. Pull back with the top hand.
 - on top/ elbow under knuckles. **Keep elbow in slot**
 - push bottom hand back or straighten front elbow
 - **Back knee is inside of toe.**
Check for level hips/level shoulders/level eyes
 - Check for over rotation and bat wrap
 - Check for STACKING. Knuckles/ elbows/ head
- **Stance to load to stride**
 - Toe and ball of foot land on stride
 - There is no weight shift on stride Everything in load stays the same
 - Check all body parts again
 - **Stride in a straight line**
- **Stride to Swing (Barrel Up)**
 - Swing starts on inside of back foot or back knee
 - As weight is driven toward pitcher the front heel lands
 - Front knee locks out as weight is shifted forward
 - Lower half pivot begins
 - **Shoulders stay in line to pitcher Delay shoulder Rotation**
 - Pull hands (lower hand) to pitch
 - Keep hands inside the ball path
 - KEEP EYES ON BALL
- **Objective Position (pivot position) Bat is 1 inch from the ball**
 - **Front foot closed and even with or slightly behind T**
 - **Both feet in straight line to pitcher/ Double shoulder width**
 - **Shoulders remain mostly closed**
 - **Back Knee pointed at pitcher**
 - **Belly button pointed at objective**
 - **Eyes looking at ball**
 - **Palm down for bottom hand/ Palm Up for top hand at contact**
 - **elbows close together**
- **Stance to load to stride to objective to contact.**
 - Hit ball where it is pitched
 - Finish Swing
 - **CHECK FOR BALANCE- THERE IS NO EXTENSION WITH OUT BALANCE**