

# Hitting Mechanics- *“The Swing is the Thing”*

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## 1. **SETUP OR STANCE**

Each hitter has his own particular batting stance. It will either be slightly closed or open, or parallel in an athletic position. The body has to be relaxed, but the mind ready to go. A good grip is essential for a good swing, and the middle knuckles, or knocking knuckles need to be lined up. In the stance, the back foot is at a right angle with the plate and the front foot slightly open. Body is balanced with the hips level. Head and Eyes are looking over the front shoulder with the eyes pressed open. Weight Distribution is 60% on your backside and 40% on your front side. Get some rhythm in your stance...this will help get your motor going. Pre pitch swings will help you stay relaxed.

## 2. **POWER POSITION**

When the pitcher winds up, so should the hitter. This is accomplished by a small step or stride, with the lead foot striding on the hitting line. At the same time, the lead arm gets good extension with the bat staying on plane with the back leg. The lead arm wrist and bat need to form a ninety-degree angle in the power position, or else “wrapping” will occur. To help keep the weight back, have the sensation of stepping on thin ice with the lead foot, or have the feeling that you are walking away from your hands.

## 3. **APPROACH TO THE BALL**

The swing is initiated by the rotation of the legs and hips, with the hands following. Feel compact and turn towards the ball, using the large core muscles of the body. Weight shift comes from the backside using a turning action verses a casting action of the arms. A properly executed approach will have the back leg pivoting on the ball of the foot. In hitting camps with young hitters, we many times use the phrase “Squish the Bug”. At contact the hands will be inside the ball, or in front of the barrel. The palms of the hands will be in a palms up, palms down position. Hitting against a closed firm front side will help in both power and plate coverage.

## 4. **THE RELEASE**

The bat is the extension of the front arm. Forearms or wrists roll over after contact is made. Levelness of bat will coincide with the levelness of the hips. At release, the head will be down and in back of the ball.

## 5. **FOLLOW THROUGH/FINISH**

Follow through with knob of the bat facing the pitcher, and the barrel towards the backstop. Knees will be inside the feet, and the body will be vertically stacked (straight up and down and balanced).

***“To become a very good little league, high school, college, or professional hitter, individuals will need to possess both talent and a passion for hitting. A good hitting instructor will allow a hitter to develop his physical, mechanical, and mental game at an accelerated pace.” –John F. Luedtke***