GET READY, GET SET, SWING!



**Hitting mechanics that help you produce your “A” swing consistently**

**GET READY**

GAS & BRAKE Mentality with your front foot

* Let your front foot assist in getting back
* Feel your move (Pelvic / Down angle pinch)
* Knee to knee
* Don’t get over your back knee

Issues during your get ready phase…..

* No movement at all
* Going linear before getting back

Drills that help hitters complete this move with explanation

* Back Foot Box Drill
* Furniture Slider “Get Back” Drill

**GET SET**

FRONT FOOT & FRONT SHOULDER need to match keeping you connected during your linear move

* 50 / 50 Balanced position
* Equal flex in knees
* Stay away from sitting on your backside

Issues during your linear phase…..

* Hitters getting stuck in 60 / 40 position
* Rubber band movement of getting back and striding at the same time.

Drills that help hitters complete this move with explanation

* “Walk Through” Tee & Front-Toss
* Momentum Tee & Front-Toss
* Cross Behind / Stride

**SWING**

FRONT & BACK SIDE CONNECTION allows you to pull to plane and whip the bat through the zone with body support

* Front side “L” / Power “L”
* Proper rotation in your back foot (No Pushing)
* Body position of back & behind the ball

Issues during the rotation phase that hitters face….

* Leaking
* Spinning
* Casting
* Barrel drop
* Break in connection

Drills that help hitters complete this move with explanation

* PVC Pipe Body Rotation
* Lift the Back Heel
* Pull to plane