



HITTING TIPS

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Pre-Swing

STYLE

A little style is OK prior to heel down position as long as it doesn't prevent getting to the right hitting position and on time.

ATHLETIC STANCE

Knees inside ankles, toes pointing straight ahead

ATHLETIC POSTURE

Weight on balls of feet, slight chest lean forward, butt sticking out Knees slightly bent.

TWO EYES ON PITCHER

Eyes level to ground

WHIPPING GRIP

Knocking knuckles somewhat lined up to get proper whip action of barrel

RHYTHM

The body must stay in motion to work fast



Coach Tim Says...

Twins Baseball/Softball Camp Director

“Look at your stance in a full length mirror to check the absolutes!”

STANCE



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Heel-Down Absolutes

LOAD

We must take energy back before we take it forward. Load is NOT a rock backwards. Weight stays on inside part of back leg and foot.

STRIDE

Back side must gain ground with front side. Think of the stride as the back knee pushing the stride foot forward. This will keep you "centered." Stride must go right toward pitcher. Stride style varies by the hitter but should never interfere with timing. Most young hitters should land 45-50 percent of their height.

TOE TOUCH

The front foot initially lands on the inside pad of the front big toe. Then the heel lands.

BALANCED

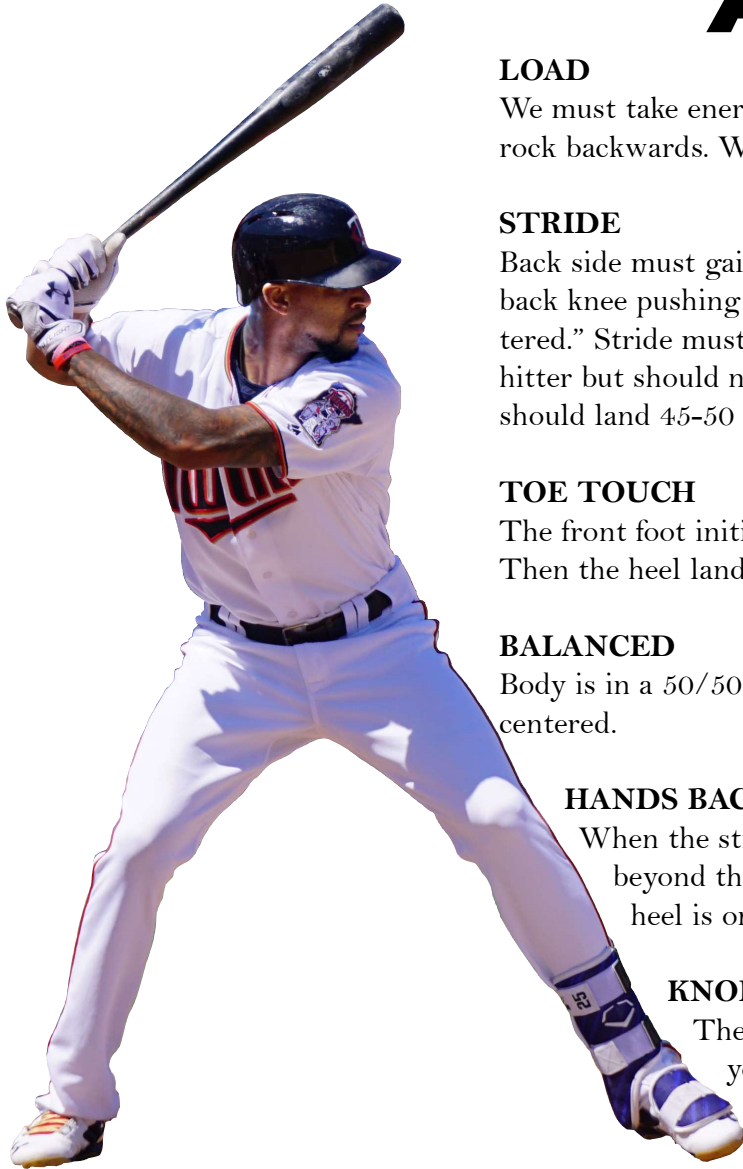
Body is in a 50/50 balanced position when the stride foot lands. Head is centered.

HANDS BACK

When the stride foot lands, the hands are shoulder level height beyond the back shoulder. DO NOT start the swing until the heel is on the ground!

KNOB AT CATCHER

The knob of the bat will point to the catcher's feet when you land. This will allow you to create a whipping path to the ball without losing posture.



POST- STRIDE

Coach Tim Says...

Twins Baseball/Softball Camp Director

"The majority of swing flaws are a direct result of set-up flaws at heel-down. DO NOT OVERLOOK THIS PHASE!"



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Connection/ Contact

KNEE PINCH/HIP ROTATION

The inside of the back knee is the first “domino” to fall. It pinches toward the front leg before turning. The hips will turn the lower body. It is not a “squish the bug” movement (which would be the foot turning the lower body). Usually the hips will pull the foot up onto the toe with the shoelaces facing the pitcher as the swing develops.

HANDS ON-LINE

Think of the hands working in a nearly straight path to and through the ball. The back elbow will come just inside the rib cage instead of away from the body. Hands and back elbow pass by the back hip at the same time. We call that “connection.” Keep those wrists “cocked” until contact. Bat shaft passes close to shoulder.

HANDS ON-PLANE

“On plane” essentially means a slight upward swing path that matches the downward path of the baseball. The longer we are on the same opposing path as the baseball, the bigger our hitting zone. The bigger the hitting zone, the less perfect our timing has to be!

PALM UP, PALM DOWN AT CONTACT

Now uncock the wrists without rolling the top hand over. Keep palm-up, palm-down through contact.

FIRM FRONT SIDE

The knee stays behind the ankle, belt buckle behind the knee, nose behind the buckle at contact.

Coach Tim Says...

Twins Baseball/Softball Camp Director

“Place the ball on the tee with the two vertical seams facing the catcher. Attacking the inside seam will keep the hands inside the ball.”



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Extension/ Finish

EXTENSION

The barrel follows, or chases the ball off the bat until the arms get locked out in front of you. We want to keep our energy behind the ball in a direct line.

TOP HAND

Note how far Joe is past contact and still has his top under the bat. That's a key to staying on the "pitch plane."

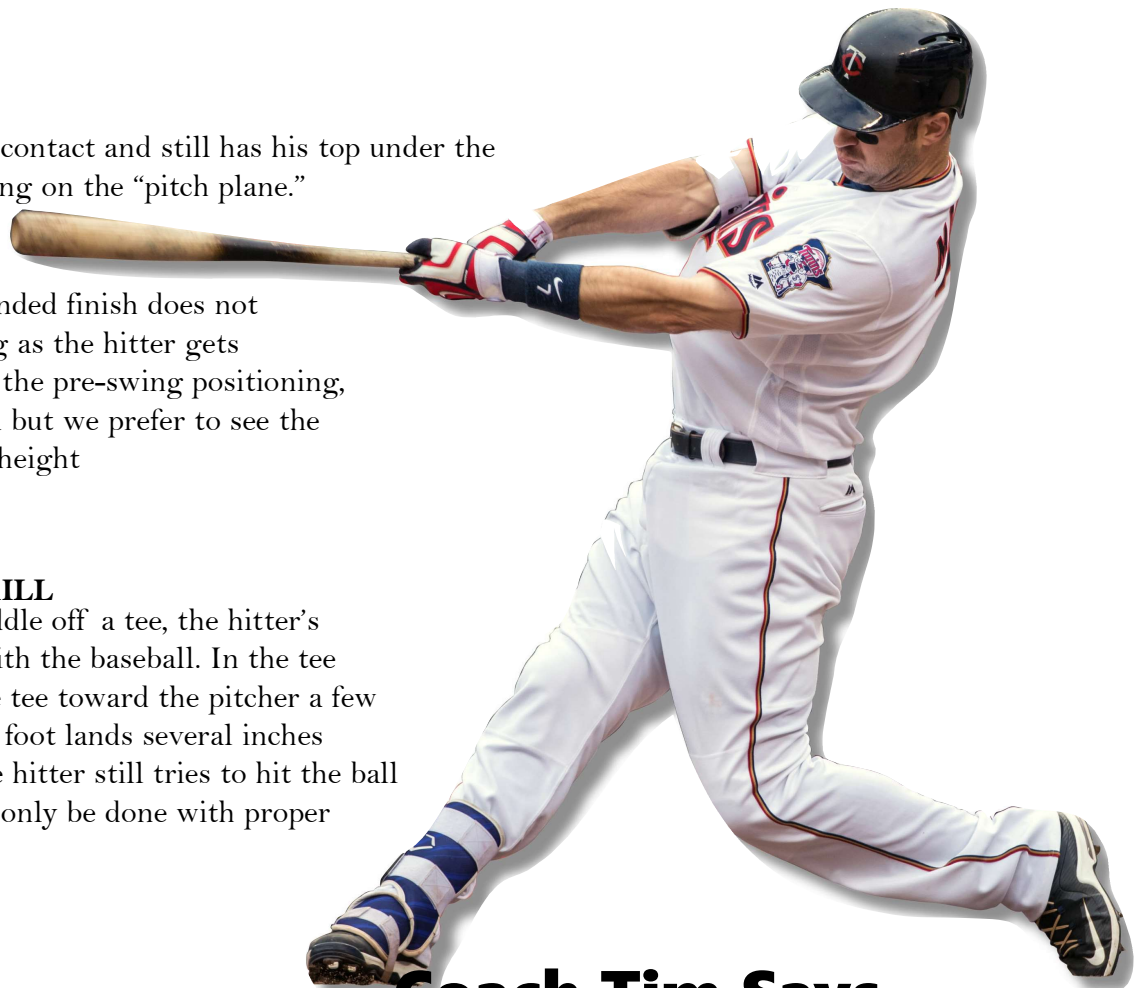
FINISH

A one handed or two handed finish does not make a difference as long as the hitter gets through extension. Like the pre-swing positioning, some variance is allowed but we prefer to see the finish at about shoulder height

DRILL

TEE EXTENDED DRILL

When we hit up the middle off a tee, the hitter's stride foot lands even with the baseball. In the tee extended drill, move the tee toward the pitcher a few inches so that the stride foot lands several inches behind the baseball. The hitter still tries to hit the ball up the middle. This can only be done with proper extension.



Coach Tim Says...

Twins Baseball/Softball Camp Director

"With proper bat path and extension the hitter has the best chance to DRIVE the ball with correct backspin. These are the balls that carry the farthest."

FINISH