

Hitting Absolutes

1. Use a **balanced** and workable stance.
 - a. Feet wider than shoulders.
 - b. Athletic stance.
 - c. Bend at waist until heels just come off the ground.
 - d. Bat in launch position.
2. Use a **proper grip**.
 - a. Line up knocking knuckles.
 - b. Bat is in fingers not in palms.
 - c. Relaxed tension-free wrists.
3. Start your bat in the **launch position**.
 - a. Hands are in and up.
 - b. Elbows are down.
4. Get your weight back before striding.
 - a. Either pre-set the weight back or tap your front toe.
 - b. When the pitcher show his back pocket, you show your back pocket.
5. **Stride** with your front toe closed.
 - a. The shorter the stride the better. (balance)
 - b. Stride first then swing (torque position).
 - c. Firm front side.
6. Maintain **flat hands** throughout the swing.
 - a. Pull the knob of the bat toward the ball.
 - b. Palm up – palm down on contact.
7. Keep your **head still** and eyes down.
 - a. Pick up the ball out of the pitcher's hand.
8. Use a fluid, **tension-free swing**.
 - a. Tension dramatically slows down your swing.
 - b. The more relaxed the muscles are the more quickly your body reacts and moves.
9. You must have **lead-arm extension** and a good finish.
 - a. A very high and late release of the top hand will help promote a relaxed, rhythmical swing.
10. You must have **great practice habits**.
 - a. The more you practice the more natural your swing will become.