

MN Vortex—MN A's / Fastpitch Hitting Fundamentals

Teaching Phases—"Step breakdown"

Step 1: READY POSITION—PROPER GRIP & STANCE

Bat in Fingers not deep in palms

Knocking Knuckles

Hands Loose

Bat at back Shoulder / ear level / 45 degree angle

Feet Shoulder width or slightly more

Weight on balls of feet

Knees slightly bent / knees inside feet

Step 2: STRIDE / TOE TOUCH

Linear move which helps transfer weight

Upper body is quiet

Front foot remains closed

Front side of body is closed

Toe Touch

Step 3: HEAL PLANT

Heal plant—weight shifts back to center

Linear movement

Hands stay back at heal plant

Step 4: CONTACT—START ROTATION to SWING

Hands start forward toward pitcher, not towards plate to stay "inside"

Back hip follows, knee moves in

Point of contact—5 points on contact zone: 2 EYES, BELLY BUTTON, 2 KNEES

Back elbow to "connection" but does not stay there long

Back knee pushes to weight transfer-then rotates

Hips rotate toward the ball and remain level

AT CONTACT:

Elbows are bent / flexed

Top hand (on bat) palm up

Bottom hand (on bat) palm down

AFTER CONTACT:

Elbows extend

Roll wrists after full extension of arms

Firm front leg but very slightly bent

Chin moving from shoulder to shoulder

Step 5: EXTENSION

Extend through the ball

Relaxing hand only after completion & contact

Push through zone

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Step 6: FINISH / FOLLOW THROUGH

Begins after full extension

“Stacked”—Shoulder over hip over knee

Finish above shoulder

Balanced

COMMON ERRORS

Grip

Rotation during the stride phase / pull off the ball

Rolling the wrists too early (prior to extension)

Head moving up & down

Spinning out on back foot (no linear) (over-rotated at contact)