

## **Hitting Progression** **(The Mechanics of the Swing)**

### **1. Balanced and Workable Setup**

- \*BE COMFORTABLE
- \*Feet about bats width apart
- \*Knees slightly bent and inside your feet
- \*Knocking knuckles lined up and hold the bat loosely
- \*Hands at the top of the strike zone (or above)
- \*Bat in the “slot”
- \*Relax elbows down to eliminate space between arms and body
- \*Head turned toward the pitcher (with chin on or close to front shoulder)
- \*Both eyes on logo on pitcher’s cap (and shift to the box) OR on the box
- \*Find the pitcher’s release point

### **2. Uncommitted Stride and Separation**

- \*“Uncommitted” relates to your lower body
- \*We are not committing to a particular pitch by striding in or out
- \*We are not committing our weight forward
- \*Stride with front foot should be short
- \*Stride should always be directly at the pitcher
- \*Weight should be 60-40 back when you land
- \*“Separation” relates to your upper body/hands
- \*As front foot goes forward, hands should go back
- \*We separate our hands from our ear/shoulder
- \*You must go back (load/trigger) in order to generate momentum to go forward
- \*At the end of this phase, you must “direct your front side”
  - This is related to “separation” and often happens naturally
  - The further the pitch is away from your body, the more you direct your front shoulder at that pitch

### **3. Ground Up Rotation**

- \*Foot, knee, hips, hands (this is the sequence of movements)
- \*During “foot, knee, and hips”, the bat stays in the slot and the hands stay back
- \*Chest must stay behind the ball
- \*Bottom hand is the guide hand (take/pull it to the ball)
- \*Top hand snaps the barrel into the hitting zone
- \*Contact is made palm-up (top hand) and palm-down (bottom hand)
- \*Drive THROUGH the baseball
- \*Chin should be on or close to back shoulder with head/eyes down on the ball
- \*Finish high