



HITTING CLINIC

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Position #1 - Stance

- Hitter should be in an athletic position with the knees slightly bent.
- Allow the hitter to be comfortable in the box
- Majority of their weight should be on the balls of their feet
- Hitter's knees should be inside of their feet. Don't allow the back knee to drift outside of their back foot
- Hands should be around shoulder height
- Head looking straight at the pitcher. Look for too much tilt in their head. Head will "lean" over the plate slightly



Position #2 - Load and Stride

- Hands will load before the stride and into the "set" or "trigger" position
- Hands should only load an inch or two, BEFORE the ball is released
- Stride should be no more than 4 inches and toward the pitcher
- Front foot should land softly. This will keep the head from bouncing
- Front foot should land somewhere around 45 degrees. Front knee will stay closed.
- Front foot should be down before the ball arrives and before the hitter starts the downswing
- Bat is near a 45 degree angle
- 60% of weight on backside and 40% weight on front side (important throughout the entire swing)
- Head stays behind the front knee



Position #3 - Downswing and Point of Contact

The swing will begin at a downward angle. A slight downward swing will create backspin which will maximize carry on the ball.

- “Pinkies” lead the bat into the hitting zone
- Barrel stays close to body on initial downswing
- Back elbow will enter the “hitting slot.” Hitter should be able to hold a baseball between their back elbow and body
- Contact should be made on the inside of the front foot (pitch down middle of plate)
- Upper Body
 - Bottom arm will be extended
 - Top arm will be slightly bent forming an “L” shape with forearm and bat
 - Top hand should have palm facing up
 - Head should be behind belly button and belly button should be behind front knee
 - Chin stays at left shoulder and finishes on right shoulder
- Lower Body
 - Hips start to rotate as downswing starts. Hips should not open too soon
 - Back foot should rotate on the ball of the foot (“squash the bug”)
 - Back leg should be close to 90 degrees. Ok to be a little more or less
 - Once front heel hits the ground, the back heel comes off the ground
 - Front leg starts to firm up at contact.
- 60/40 weight distribution
- Body rotates around the head



Position #4 – Finish

After contact, focus should be to follow through the ball and finish with both hands above shoulders.

- 60/40 weight distribution
- Spine angled slightly over the plate
- Okay for hitters to fall over the plate. However, it is best if they can hold their finish position for a count of two seconds.



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