

# BioForce Baseball Academy

## Hitting Principles

### 1 Generate Energy



You need to start in an athletic position. Your **weight** should **shift** from the back leg to the front leg. You need to **make contact against a firm front leg**. The length of the stride doesn't necessarily matter. Generating the energy to get the swing going is what is important. Make sure you generate your energy towards the pitcher.

### 2 Consistency



**Keeping the athletic stance** and upper body angle is very important to be able to consistently deliver the bat to the place you want to deliver it to....to make contact. The more your upper body sways back-and-forth, the harder it will be to deliver the bat where you want it.

### 3 Timing



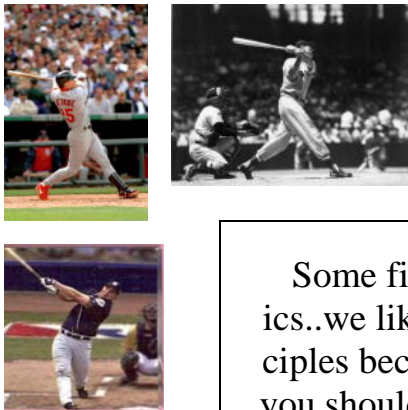
**Your hands and shoulders should not have already begun to swing until after your front foot has planted firmly on the ground.** If your hands and shoulders have begun to rotate too early, you risk lunging at the ball if you are fooled by the speed. Walk away from your hands as your front foot comes down. This will help you not commit the shoulders to rotating too early.

### 4 Power



Power comes from your legs and the core of your body. As you can see in this picture, the hitter's hips have opened up before the shoulders and hands have begun to strike the ball. That **separation of the hips and shoulders** creates torque in the middle of the body. It's like a rubber band winding up. As the rubber band (your core) unwinds, it helps create more bat speed. If your timing is off, as in principle 3, then you will not have enough time for this torque to build up. You will be swinging with your arms only.

### 5 Balanced Finish



A **good balanced finish** means that you have done all the principles above correctly and at the right time. If your balance is off when you complete your swing, then you have probably changed your posture or your timing was off.

Some final thoughts... Some people call these hitting mechanics..we like to call them principles. Anything outside of these principles become a style. Keep your style, follow these principles and you should have great success hitting the ball hard and more often!