

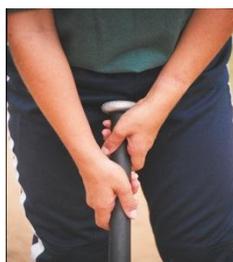
## Hitting FUNDamentals

### Selecting a bat

There is a tremendous range of bats available for players to choose from. They vary in length and weight to suit players' needs. When making a selection it is important that the player can control the bat, so the weight and length of it are important criteria to consider.

### Batting grip

- Place the hands together on the bat at a comfortable distance from the knob
- Right-handed batters place the left hand closest to the knob of the bat (as shown in the photos below)
- Left-handed batters place the right hand closest to the knob of the bat
- Wrap the fingers around the handle
- Hold the bat in the base of the fingers and not in the palm
- Centre the knuckles of the fingers (door knockers) so that they are in a straight line up the handle of the bat
- The grip on the bat should be relaxed but firm enough so that the bat does not slip from the hands
- If the bat is too heavy slide both hands away from the knob until the bat can be swung comfortably (this is known as 'choking the bat')



### Batting grip activities

**Activity 1** (as demonstrated in the above photos)

- Stand with the knees together and rest the bat against the knees
- Reach down with both hands and wrap the fingers around the handle of the bat (photo on the left)
- Close the hands around the bat to form a 'V' between the thumb and index finger. The V should point down the line of the bat (middle photo)
- Lift the bat straight up to their shoulder (photo on the right)

### Activity 2

- Place the bat on the ground in front of the player
- Have them pick the bat up off the ground using both hands at the same time
- Check to see if the grip matches the key points described in Activity 1

## Basic hitting technique

### Ready position

#### Stance

- Take a comfortable and balanced position with weight distributed on the inside part of the balls of feet
- Feet should be shoulder-width apart and parallel to each other
- Head is over the belly button
- Bat is held roughly over the shoulder
- Knees are flexed
- Head and eyes are level



### Sequence

#### Stride

- Take a soft step towards the pitcher (this is a trigger to commence the batting sequence)
- Front foot and knee are closed and feet are parallel to home plate
- Keep hands and eyes level
- Head remains over the belly button



## Hip rotation

- Hip rotation commences after the stride
- Pivot on the ball of the rear foot after the stride foot is in position (squash the bug)
- Back leg forms an L shape in line with the back shoulder
- Front knee is flexed slightly (shark fin effect)



## Swing

- Shoulders commence rotation after hip rotation
- Belly button points to the ball
- Head is over the belly button
- Head and eyes remain level looking at the contact point
- Arms are well extended
- Throw the bat head at ball
- Extend the bat through the path of the ball



## Follow through

- Shoulders continue to rotate
- Maintain a balanced position
- Knee, hip and shoulder are aligned
- Bat finishes above the shoulder
- Head is over the belly button
- Head and eyes are level



**Note:** Make sure your players always wear a helmet when practicing batting or bunting. The coach in these photographs is demonstrating the segments of the hitting action for teaching purposes only.

## Summary – basic hitting technique

### Stance

Take a comfortable and balanced position with weight distributed on the inside part of the balls of feet.



### Stride

Take a soft step towards the pitcher (this is a trigger to commence the batting sequence).



### Hip rotation

Hip rotation commences after stride.

### Swing

Bat extension



### Follow through



**Note:** Make sure your players always wear a helmet when practicing batting or bunting. The coach in these photographs is demonstrating the segments of the hitting action for teaching purposes only.