

# Hitting Highlights

Philosophy: there is no strike zone – swing if you can hit it.

Mental Approach:

- Relax, it's batting practice
- Start your swing on every pitch
- Take the umpire out of the game
- It's more fun to run than walk
- The strike zone is her zone

The Swing:

- Tee placement
- “Lock in” – Block out
  - Door Knocking Knuckles
  - Upside-down V
  - Feet – lined up
  - Knees – bent slightly
  - Hips – level
  - Head/Eyes – level
  - Front Shoulder - slightly down
  - Weight Balanced
- Stride – “Load Up”
  - Feet – short stride
  - Weight – back – boot/ballet slipper
  - Hands – pull back – rubber band
  - Bat position
  - Eyes – where to focus...
- “Swing When Ready”
  - Upper body rotate – hips/head
  - Lower Body – feet/legs/knees
  - Arms/elbows/wrists
  - “Top of the Tee”
  - Stacking
  - Contact/finish