



Two Phases of Hitting

Two Phases of the At-Bat

Before you are up
Showtime

Two Phases of the Swing

Getting Ready
Showtime

Two Phases of the At-Bat

Before you are up
Know her 3 pitches
First pitch
Go to pitch (2-0 or 3-1)
Strike Out pitch (1-2 or 2-2)
Gloves Helmet and Bat – get ready early
Time your toe touch (in the on deck circle)
Know your situation (runners on base)
Know your job (the signal)
Showtime – once your turn to hit is here

Two Phases of the Swing

Getting Ready to Hit – some personal style is OK
Have a ritual – Control the tempo of the at-bat
Grip
Box position
Toe Touch – everything at or after toe touch should be the same for every hitter every time
5 things you must have at Toe Touch

1. Front shoulder down and in
2. Hands are back to, or behind the rear foot and up at the top of the strike zone. Elbow up
3. Knees are bent with weight equally balanced, do not keep you weight back
4. Head is in the center of the body.
5. Upper body is separated from the lower body.