

During week 4 our focus will be on hitting which coaches have likely been focusing on all season. We won't do any specific drills before the game. Coaches should instead work with each player individually as they bat to check all of the fundamentals. Have teams warm up by throwing. Check the fundamentals here too and then play ball.

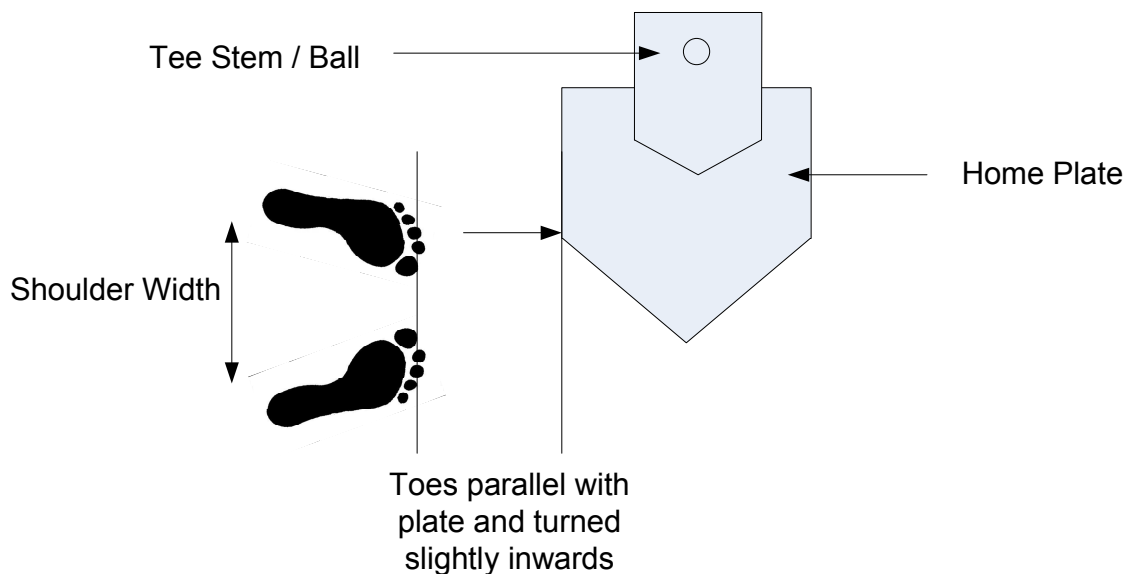
Hitting

Review of the hitting information in the skill sheet *NLBSA hitting fundamentals.pdf* is below:

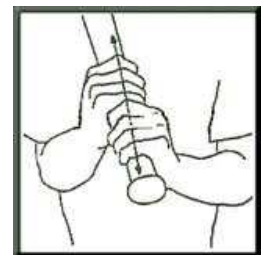
Rotational Hitting video – “Ba-Boom”

<http://www.youtube.com/watch?v=9UqbfaUehJc>

While each player bats check to make sure the tee is placed appropriately and their feet are positioned as shown below.



Make sure that the “door knocking” knuckles are in aligned as shown below. Another great check is to have each player hold the bat and then point with their index fingers. When they have their index fingers parallel then they have the proper grip.



Work with each player to say Ba and then Boom as their hips turn and they swing through. Have Fun!