

NLBSA is dedicated itself to start teaching ROTATIONAL HITTING as the fundamental hitting method. This method will start with TEEBALL, and hopefully progress as the players get older. This technique was started by Ted Williams, and mostly taught by world famous instructor Mike Epstein. Some interesting internet link that will help your understanding:

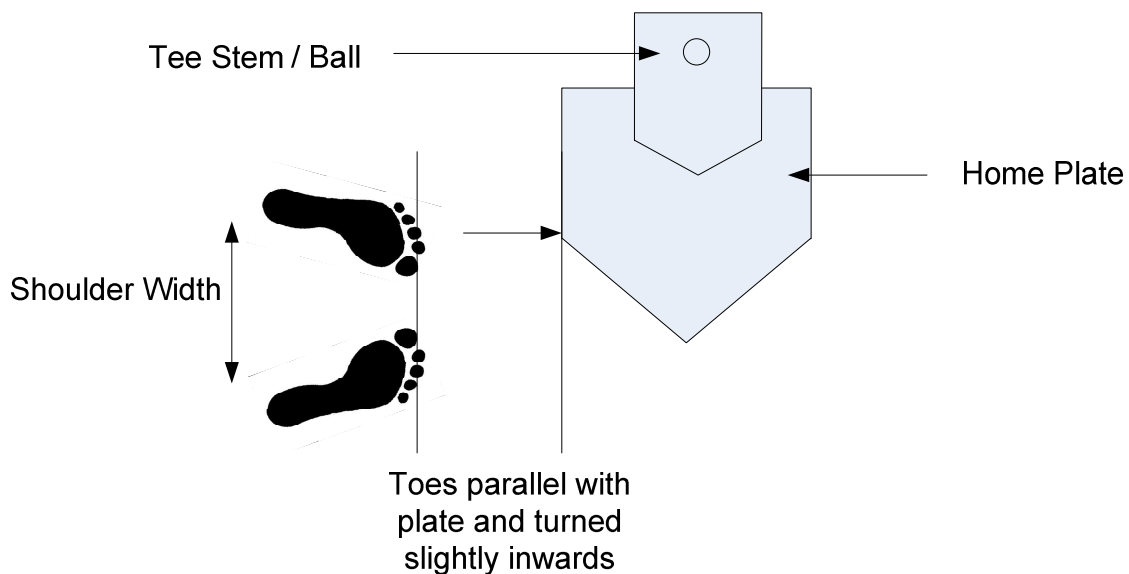
<http://www.youtube.com/watch?v=9UqbfaUehJc>

The video above is very helpful, and will help explain most of the concepts.

<http://www.mikeepsteinhitting.com/>

<http://hitithere.net/>

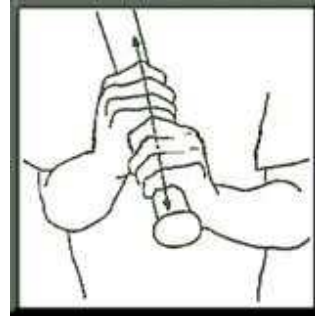
If you find other great websites, please let the group know! We are here to teach kids a wonderful game.



HOLDING THE BAT

- Bat should be light enough for the player to make a swoosh sound when swinging OR be able to hold the bat out with dominant arm and bat parallel to ground for 10 seconds.(this may be hard for younger players)

- Hands should be together with door knocking knuckles aligned. If the grip is correct, the pointer



fingers should be parallel, and pointing in the same direction.

- Wrists should be bent (extended)
- Back elbow is DOWN against rib cage with bat resting against top of upper arm. Not laying on the shoulder.
- Front elbow is up and flexed (ready to elbow the person behind you in the nose)

STANCE and FOOT PLACEMENT

- Refer to diagram at top of page
- Draw a line across the toes of the player. This line should be parallel to the edge of home plate.
- Feet should be approximately shoulder width apart, with toes facing in slightly, and knees slightly bent. This allows for the use of an athletic stance, and will result in more power.
- Front foot at the corner of home plate.
- Tee should be placed in the front edge or in front of home plate. Player should hit ball in front of front foot, NOT in the middle of the stance.
- Coach should make sure the 'power is over the plate' which means sweet spot of bat is making contact with ball with arms fully extended.
- Players do not have to 'step' with front foot, but as they progress this is perfectly fine.

THE SWING

- BA-BOOM is a term you can use.
BA is the term used for the load phase of the swing.
 1. If the player moves the front foot, that is ok, as it allows the hips to open. The front toe can point slightly toward the pitcher. Ideally, the front leg stays straight with knee locked.
 2. The hips must open. We teach by saying "turn your belly button to the pitcher".
 3. The bat needs to come off the upper arm just slightly.
 4. This produces a loading effect allowing to produce more torque and power.
- BOOM-is the swing phase of the motion.
 1. Hands stay close to body. Front elbow travels flexed.
 2. The bat knob facing the pitcher.
 3. The front hand stays PALM DOWN throughout the swing
 4. The Rear hand stay PALM UP throughout the swing
 5. With the hands traveling in this manner, it allows the bat to stay in strike zone longer.

6. Wrist should snap to produce the last burst of power before impact, and then a natural rollover of the bat and hands occur at the end of the swing.