

Hitting

Safety First

- Always wear a helmet when you have a bat
- Always watch for people with a bat and helmet
- Always watch for people when swinging

The Batters Box

- Belongs to the Hitter
- Be Confident that hitter has the advantage
- Pitcher is one that has to force action by throwing strikes
- Hitter protects their strike zone by hitting the ball from that space
- Advantage goes more towards the hitter as base runners are added to the situation and as the ball and strike count goes to the hitter's advantage

Strike Zone

- Not equal
- Jim's theory
 - No strikes- small box-force pitcher to throw within your sweet spot get a good swing at your pitch. Get to see umpire's strike zone on balls outside the sweet spot
 - One strike-medium size box- the real strike zone. Not time to be defensive, but time not to let a good pitch get by
 - Two strikes-big box- protect the plate do not let a close one go by

Timing

- Pitcher starts with wind up
 - Pitcher breaks and goes into wind Up Negative move
 - Batter loads bat (negative move)
- Pitcher begins moving forward
 - Movement of glove foot-power stride
 - Batter move front foot into toe touch (positive move)
- Pickup ball from the release point
 - Hips begin to rotate
 - Top hand begins the swing
 - Within 15" of home plate decision time-swing or no swing!!!!!!!!!!!!
 - If yes Ball, eyes, hands, bat come together
 - complete rotation, pull bat through the zone with bottom hand, nose over toes
 - If no-stop hands and watch it go by

Batting Theory

- Everything starts with the athletic position
- On every pitch, Yes (on the swing) until no
- Toe touch on every pitch. Start the swing movement on every pitch, even the ones that looks bad
- Pick up the ball at release point. Do not get tangled up with the pitcher's motion
- Study the pitcher. In the dug out, on deck. Watch for pitcher's release and see if there are recognizable differences in pitches (there are)

The swing (begins at the ground and moves up to the hands)

- Load or negative move (take in breath)
- Toe touch (release breath)
- Head in Center-both eyes focus
- Bring the hips
- Keep hands in tight
- Keep arms separated from body
- Hands to the ball
- Contact out in front
- Nose over Toes

Drills

- Bottom hand drill
- Caution Tape Drill
- Rhythm Board
- Step & Hit Drill
- Bump Drill
- Throw Ball Drill
- Walk Through Drill-Happy Gilmour

Batting Aids

- Batting Tee
- Hit Stick
- Soft Toss
- Strike squares
- 50 swings per practice, minimum

Conscious thought in an unconscious mind

- Do not over coach
- Less is more
- Allow the hitter to hit

Misc Thoughts

- Bat position
- Hands above Ball
- Barrel below hands
- Keep head as still as possible during the swing
- Swing flat through the Zone- 'knocking glasses off a table"
- Top hand controls swing
- Top hand starts swing
- Bottom hand pulls bat through Zone-Whip Hands
- Keep separation between hands and Body
- 90% of info is gathered through eye sight-FOCUS
- Leave the box quickly, transition from batting position to first step to base
- Attitude is everything...be confident
- Every pitch hitter sees from pitcher gives more advantage to hitter