Softball Hitting Stance

Hitting Stance Fundamentals

- 1 1. Grip
  - base of fingers
    - shake hands with the bat
    - incorrect --> holding bat in palm of hand
  - ⚠ line up knuckles
    - Middle knuckles of hands lined up
    - Door knocking knuckles in-line or split the difference
  - bat on shoulder to set grip
    - allows easy setup/visual for knuckles
    - helps with relaxing (don't want to choke bat)
- 2 2. Stance
  - Feet
    - in line and pointing directly to home plate
    - slightly pointed in (pigeon toed)
    - Balanced
      - Shoulder width apart (or slightly wider - outside hips)
      - Straight Line down from front shoulder to behind front foot
      - balance is key
  - Waist
    - bent slightly
      - hips over knees, shoulders over hips
        - helps balance
        - helps keep head on ball
    - weight on inside balls of the feet
    - weight centered (50/50)
  - Arms/Hands
    - triangle
      - hands apex
    - elbows pointing down towards feet
  - Head
    - head completely turned to pitcher
    - vision - both eyes able to track ball
- 3 3. Ready Position
  - ⚠ Address Plate
    - close enough for full plate coverage
    - away enough for full plate coverage
    - tap outside corner of plate w/bottom hand on bat only
  - Relax
    - start with bat on shoulder
      - set/check grip
      - ready stance
  - Cock Bat - lift bat off shoulder
    - at or inside back shoulder
    - bat held at 45 degree angle
  - Hands at top of the strike zone
    - bottom hand at top of zone
    - too high better than too low

2014_WBSL_Softball_Hitting_Stance.mmap - 4/8/2014 - dcleasby © WBSL 2014