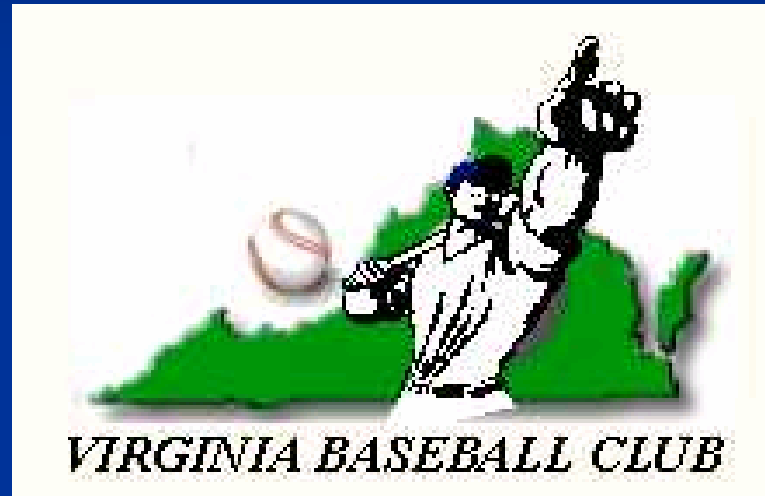


Teaching Hitting



www.goVBC.com

Coaches Certification Program

Coaching Hitting

- Keep it fun and simple - appropriate to age and skill level.
- Stay positive – hitting is a difficult and slow process. Be sure to point out the good things players are doing.
- Find ways to build confidence in hitters – use bigger balls if needed.
- Teach players to be aggressive and visualize hitting the ball hard.

Stance



- Feet wider than shoulders, toes pointed forward toward the plate
- Athletic position, knees bent
- Hands above elbows
- Bat at 45 degree angle.

Good hitters are relaxed and have some swaying movement in their stance.

Stride and Load Hands

Be careful to not over-coach this skill at this level. Most young players do this naturally without coaching.



Marc Tugwell,
Phila. Phillies

Stride onto big toe and allow the ball to come into the strike zone.

- Three SSS for stride – slow, soft, and short
- Stride to a balanced position (avoid lunging toward pitcher).
- Hands back and at top of strike zone.
- Bat cocked over head.

The Swing Approach



Keeping the lead arm bent helps create a short-to-long swing.

- Lower body – aggressive back knee and hip turn
- Upper body – As the swing begins the hands move forward toward pitcher (not down and away from body).

Weight Shift and Contact Position



- Lower body – back foot heel comes off ground and shoelaces point toward pitcher. Front foot opens to 45 degrees or more. Firm front leg.
- Upper body – arms flexed, head remains at center point of body or slightly back.

Ideally, the arms will not extend until after contact has been made

Extension



- Extension is the continued movement of the bat on the plane of the pitch past the point of contact.
- Top hand does not roll over the bottom hand during extension.
- Arms move away from body and toward pitcher.

To keep the top hand from rolling over imagine that you are skipping a rock across a pond.

Finish



- Hands roll over and finish high.
- Complete shoulder turn.
- Finish balanced.

Balance is power. Players should be able to hold their finish for three seconds.

Teaching Hitting to Young Players

- Batting practice can be very boring. So divide players into small teams and create games for hitting.
- Bring plenty of baseballs, tennis balls, wiffleballs, tees, etc. to each practice.
- Be careful to not overdo drills.
- Avoid the temptation to correct more than one hitting flaw in a session.

Directions for taking the VBC online certification test.

- Go to www.goVBC.com
- Click on Coaches Certification Program icon in the left column.
- Use your notes to answer the questions.
- Submit your results.
- A certificate will be mailed to your league office and your name will be posted on the VBC website by April 15.