



Stance Feet should be comfortable width apart, usually a bit wider than shoulders. Weight is on the balls of our feet. Toes are pointed slightly toward each other. Knees are slightly bent and “inside of feet.” This is the “Athletic Stance.”

The bat is held in the fingers, not deep in the palms of our hands, so that we can whip the bat back and forth easily.

Our head is straight and both eyes are trained on the ball in the pitcher’s hand.

Hands hold the bat about even with the shoulder, not low near the belly button.

Stride and Separate As ball is released by pitcher, we start our Stride and also Separating our hands from the stride foot (stretching the rubber band).

We pick up the front foot and put it back down as a timing mechanism, so the step should be small and light. When the front foot lands, our weight should be evenly distributed between both legs at 50/50. The front foot should land softly on the ball of the foot, followed by the heel.

As we start the stride, we also walk the hands away from the stride foot slightly, tilting the bat at an angle that points the knob of the bat (the bottom) at the catcher’s feet. This is referred to as “loading”.

From here, the swing begins to come forward.

