

WHS Coaching Resource – Bunting

#	Step	Explanation
1	Set-Up	<ul style="list-style-type: none"> • Start in normal batting stance • Turn body so that shoulders and hips are square to the pitcher (belly button pointing at the pitcher) and back foot is turned towards the pitcher with heel up (knees bent)
2	Hand Position	<ul style="list-style-type: none"> • Top hand should be below the barrel to avoid contact with the ball, fingers should squeeze bat between thumb (on top) and forefinger (below) • Bat should be held at top of strike zone so that the player knows that a pitch above the bat is a ball • Barrel of bat should be angled up slightly (top hand slightly above bottom) • Arms should be extended forward so that bat is in front of body (eyes are behind the bat)
3	Bat Angle	<ul style="list-style-type: none"> • Angle of bat should be adjusted so that ball is redirected towards first base or third base and not straight back at pitcher • Good rule of thumb (for right-handed hitters) is to point the barrel of the bat at first base to bunt towards third, or point the knob of the bat at third base to bunt towards first
4	Contact	<ul style="list-style-type: none"> • Emphasize contacting the top of the ball so that the ball goes down from the bat • Moving both hands <u>slightly</u> towards pitcher at contact is preferred as it assists contacting the top of the ball <p><i>*It is common to be taught to “catch” the ball by moving bat backwards at contact, but this frequently causes changes to bat angle making it more difficult to contact the top of the ball</i></p>
	Suggested YouTube Video	MegRem – How to Bunt https://www.youtube.com/watch?v=ascnPn42Ins <i>*please note that this does not cover bat angle as described above</i>

Suggested drills/fun games

No Bat Drill	<ul style="list-style-type: none"> • Remove bat and have players focus on catching ball with the top hand. Helps to emphasize the role of the front hand in bunting
Bunting Targets	<ul style="list-style-type: none"> • Put a bucket down each of the first base and third base lines, about a metre from the baseline and 1/3 of the way down the baseline. Have players try to bunt repeatedly to one or the other, or alternate
Bunting “Relay”	<ul style="list-style-type: none"> • Have players lined up to take turns bunting. Players keep bunting as long as they continue to bunt the ball down to the ground in fair territory. Each bunt is a point, players track their points. Can also be done in two teams alternating and keeping track of total team points
Bunting Circle of Death	<ul style="list-style-type: none"> • Batters must get the bunt down, it must be fair, and bounce towards the cones. Each batter has one chance but if it’s a ball, they can pull back. The whole team must get their bunts down/fair and consecutively. Good for the whole team <p>YouTube example: https://www.youtube.com/watch?v=FCv5KUIOTRY</p>
Pre-Game Warm-Up	<ul style="list-style-type: none"> • Bunting station can be used as part of warm-up prior to games. Does not require large area, ensures batters are watching the ball, and builds confidence