

WHS Coaching Resource – Hitting 101

Philosophy	<ul style="list-style-type: none"> Proper hitting mechanics will allow for maximum swing speed and power generation
Warm-Up	<ul style="list-style-type: none"> Ensure athletes have completed dynamic stretching exercises as well as static stretching on arms and shoulders
Reminders	<ul style="list-style-type: none"> Bat selection – choose a bat of proper length and weight for their strength and size
Mental Aspects	<ul style="list-style-type: none"> On-Deck Circle – ensure batters use on-deck circle to work on timing (pitcher’s cadence and pitch speed). Also final warm-up time and review hitting mechanics Ready to Swing – batters should have the mindset that they are swinging on every pitch (i.e., load on every pitch) and then only stop their swing if they see it is a ball Know the Count – balls and strikes will affect hitter’s view of the strike zone. i.e., if count is 2-0 then they can afford to be “choosy” (only swing on definite strikes) but if count is 2-2 then they have to swing at anything close to the strike zone
Safety	<ul style="list-style-type: none"> All batters must have their helmet on when in or around hitting drills

Hitting Steps

#	Step	Explanation
1	Set-Up	<ul style="list-style-type: none"> Grip: bat held in fingers, relaxed grip, “door knocker” knuckles lined up Hands: “up and in”, ear height Forearms: “A” shape (upside down “V”), back elbow down Stance: athletic stance, feet slightly wider than shoulder width, distance between opposite side of plate to toes equal to length of bat Bat: held at 45 (avoid extremes)
2	Rhythm	<ul style="list-style-type: none"> Relaxed readiness, balanced, comfortable position Encourage batters to sway back and forth to stay loose (avoid tensing up)
3	Load	<ul style="list-style-type: none"> Transfer weight to back foot, negative movement, provides coiled tension
4	Separate	<ul style="list-style-type: none"> Step forward with front foot (“stride”) but hands remain back Forward stride is the positive movement Creates strong balanced launch position <p>*Steps 1 to 4 occur on every pitch</p>
5	Trigger	<ul style="list-style-type: none"> Begins when front heel touches ground, front leg remains strong/firm Back knee turns toward pitcher, hip starts turning, drive back elbow into body
6	Contact	<ul style="list-style-type: none"> Drive knob of bat towards pitcher, hands stay inside, hands lead before barrel (“elbow – knob – barrel”) Keep head in zone, bottom hand palm down, top hand palm up Front leg is firm (strong)
7	Extension	<ul style="list-style-type: none"> Hit through the ball, extend towards pitcher “Short to the ball (step 6), long through the ball (step 7)”
8	Finish	<ul style="list-style-type: none"> Also known as “Follow-Through” Belly button towards pitcher, chest slightly behind belly button Finish with body balanced between both feet (should not be over top of front foot), back heel off ground, front heel/toe on ground, back foot rotated to pitcher Bat finishes high (not down), bat around neck (not around lower back)

How to hit a softball (Meg Rem Softball)	<ul style="list-style-type: none"> • This video breaks downs the proper mechanics at all ages <p>You Tube: https://youtu.be/R2S_uh20nvc</p>
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Suggested drills/video resources

6 Drills to improve your Swing (Meg Rem Softball)	<ul style="list-style-type: none"> • Works on hand path and load <p>YouTube: https://youtu.be/tHgIGsBkODo</p>
Hitting drill to increase power (Meg Rem Softball)	<ul style="list-style-type: none"> • Engages bottom half to increase bat speed <p>YouTube: https://youtu.be/Qar1dRofZ2g</p>
One knee soft toss or tee drill	<ul style="list-style-type: none"> • Isolates upper body mechanics so hitters can work on bat path and timing • Hitter drops to a kneeling position with back knee down • Front leg will be straight forward • Batting tee could be used or coach could do soft toss • Hitter swings trying to drive the ball into a net or field <p>You Tube: https://youtu.be/CDmD3YeZJlc</p>