OFFENSE HITTING PRESENTATION
A GREAT WAY TO TEACH HITTING
FIGURE OUT A GREAT STANCE

In your legs
Vertically Stacked
Knees inside feet
CREATE RHYTHM TO LOAD AND SEPARATION

• MAKE SURE HITTER REMAINS IN ATHLETIC POSITION ON BALLS OF FEET

• YOUR SEPARATION SHOULD “PACK A PUNCH”

• KEEP YOUR HANDS INSIDE FRONT ELBOW TO DEVELOP A GOOD ANGLE – “WHIP THEORY”

• CREATE EXTRA TORQUE (HANDS, HIPS AND FRONT KNEE-SLIGHTLY BENT)

  • DOUBLE PENDULUM EFFECT (PUSH/PULL)
BALANCE AND RHYTHM

• STAY LOOSE AND FAST
• STRENGTH + SPEED = POWER
• VISION – 2 EYES ARE BETTER THAN 1
  • VISION DRILLS – EVERYDAY
STARTING THE KINETIC LINK

• LINEAR PROGRESSION OF ENERGY TO TRANSFER ENERGY TO A GROUND FORCE
HANDS INSIDE THE ELBOW
“WHIP THEORY”

• “THE FASTEST WAY TO GENERATE THE MOST POWER USING ANY OR ALL PARTS OF THE BODY”

• ADDS POWER TO EVEN THE MOST RIGIDLY USED MOVEMENT

• CAN BE ADJUSTED WHILE IN FLIGHT OR WHEN TOTALLY COMMITTED TO A MOVE, TO COMPENSATE FOR A CHANGE IN THE POSITION OR ANGLE OF THE DESIRED TARGET

• SKIP THE ROCK AND THROW THE FRISBEE!!!

• SLIGHT TORQUE IN FRONT HIP AND SHOULDER!!!!
BIOMECHANICALLY - 42% OF YOUR HEIGHT

- 5’ PLAYER – 24-26” STANCE
- 5’2 PLAYER – 25-27” STANCE
- 5’6” PLAYER – 27-29” STANCE
- 5’9” PLAYER – 28-30” STANCE

- GET YOURSELF AN OLD 3’ TOWEL AND CUT SOME STRANDS – TIE THEM TO THE HITTERS BAT BAG
ATTACK YOUR FRONT HEEL

The Longer you Can stay parallel! Your chances of getting inside the pitch increase

Linear Energy HEEL DOWN
BIG PLANE SWING

Here’s the Ball
LINEAR ENERGY TO TRANSVERSE FORCE

- **YOU ARE DRIVING ALL YOUR LINEAR ENERGY TO A TRANSVERSE FORCE ON YOUR BODY!**
- **IF THIS ALL COMES TOGETHER AT THE CONTACT POINT – YOU WILL HIT THE BALL!**

Heel UP
VISUAL WHEN WATCHING YOUR KIDS
HEEL = EQUALS ROTATION

Inside Elbow

Slightly on ball of foot

DOWNWARD SWING

Heel Planted
CONTACT POINT – PALM UP/PALM DOWN
EXTENSION
TROUBLE SHOOTING

• Hitting a change up? Front knee and “see release”
• Pulling everything – stay into your front knee longer
• Hitting a curveball – stay parallel
• Hitting a drop ball – get into your legs more – drop your center of gravity
BEING CREATIVE WITH YOUR PRACTICES

- ADD COLORS OR DOTS TO ALL THE BALLS!
- ALWAYS PUT THE BALL ON TEE LIKE THIS: Hit inside 1/2
- ADD VISION EXERCISES
- DIFFERENTIAL EXERCISES (J.ROPE, MED BALL, LADDERS)
MY FAVORITE DRILLS

- LONG TEE WORK
- INSIDE/OUTSIDE POP
- DIFFERENTIAL BALANCE TRAINING
- V-FLEX
- 3 PLATE TIMING DRILLS OFF OF MACHINE
- SELF HITTING
- TENNIS BALL VISION DRILLS
- CHANGE UP DRILL

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WE APPRECIATE YOU!

THANK YOU,
Randy Schneider
Iowa State Softball