

HITTING TECHNIQUE AND APPROACH

Swing Mechanics

Body Movements

What we look for with each grouping of body parts

Hitting Concepts

The concept we teach to create the swing we're looking for

Drills

The drills we use to reinforce our concepts within our swing

Common Mistakes

A couple swing videos of common mistakes to break down

Approach to Hitting

Selfish vs. Team At-Bats

Explaining our two different approaches depending on the situation

Selfish At-Bats

At-bat where we're looking to be greedy and drive a softball

What pitch are we looking for?

What is a bat angle to start?

Team At-Bats

At-bat we have a simple task to accomplish based off the situation

Where is the defense?

What pitch are we looking for?

What is our bat angle to start?

Drills

The drills we incorporate to work and understand the different approaches we use