

Coaches Clinic

Hitting

Posture/Stance

- Knees inside feet/vertically stacked
- On balls of feet

Separation and Load

- Separation of your hands front your front toe
 - Hands inside the elbow (as if you're going to skip rock/throw Frisbee)
 - Attack position – How hard can you punch from this position
 - Stay vertically stacked
 - Torque
 - Front hip
 - Knee
 - Hands
 - Develop a downward angle with hips and shoulders – “ground Force”
- Elbow starts the movement forward
 - Note: Body will always balance itself
 - Note: Newton's Law: For every action there is an equal and opposite reaction
- Attack the front heel
 - Note: All movement to the front heel is linear!
 - Work to stay parallel and keep your hands inside your elbow as you travel in a linear fashion to your front heel
 - This will keep you “inside the ball”
 - If you are traveling in a downward angle – you'll have more force at contact
 - Whip Theory
- Palm up/Palm down at contact
 - Drive the hips through the ball
 - All energy goes to a transverse force on the body
 - This kinetic link of energy should all come together at contact!
- Get great extension through the ball
 - Upward extension

Key Terms you should understand and be saying:

“Hands inside the ball” How long are the hands inside of the front elbow?

“attack the front heel” This is the linear portion of the swing and makes or breaks the hitter

“Rhythm” – Everyone needs it!

Get Separated and stay separated until you're ready to move forward!

Things you need to be working on every day:

Vision, approach, mental, differential