



**UNIVERSITY OF ST. THOMAS**  
**FASTPITCH SOFTBALL**  
**JOHN TSCHIDA, HEAD COACH**



**PHILOSOPHY:** *On plane with Maximal Force with minimal effort and minimal time*

**MENTAL:** *Matching the .400 swing with the .400 Head*

**GRIP:** *Does it matter?*

**POSITION IN THE BATTER'S BOX:**

**STANCE:** *POSITIVE*

**TRIGGER / NEGATIVE MOVE/ LOAD:**

*A gun is much more dangerous with bullets in it!*

*3 Ways to Load*

*Enough:*

**STRIDE???** *Unload:*

*Short, Soft, Soon Enough*

On Time:

Heel Up – Heel Down Linear:

Keeps Attacking Posture:

Hands Attacking Position:

**TOE TOUCH TO HEEL PLANT: SIMILAR TO THROWING**

**Tug – A - War**

Bat Barrel:

Hips Squared Up:

Power Line:

Knees Bent Same:

Spacing – Over Home:

**SWING:**

**Heel Plant to Rotation:** *Pat the Dog – throw the BB - Head Still*

Front Leg from bent to Straight:

*Nice vs violent!*

*Pretty vs Functional!*

*Sequencing and Reverse! Simple. Point & Reverse*

**Bat Lag:**

Knob to Hip Before Release:

Maintain “Palm Up – Down”:

**CONTACT:**

**EXTENSION:**

**FOLLOW THROUGH:** *Evidence that a dog has been here!*

**ADJUSTMENTS:** *This isn't Tee Ball!*

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