

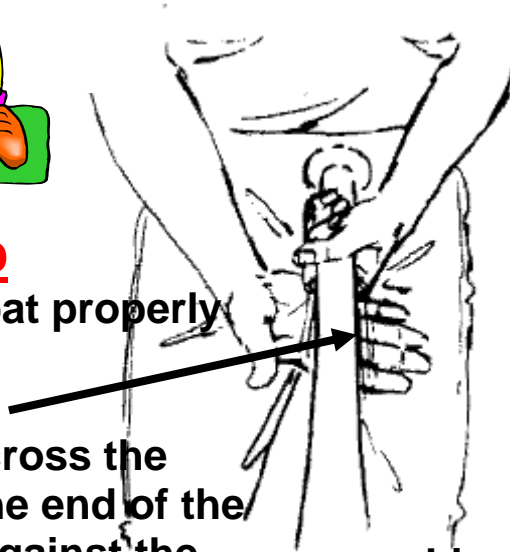


Softball Coaching Card - Batting Technique

1. The Grip

Holding the bat properly is important.

Lie the bat across the palms near the end of the fingers, not against the thumb



Line up the knuckles for a comfortable effective grip with the hands down the bat in the most used position.

2. The Swing



1. **Ready**— weight slightly on back foot



2. The **hips** start to move (right hip if RH batter) to eventually face the pitcher as ball is struck.



3. The **front foot steps** towards the ball.



4. **Body weight** begins to transfer to the front leg.



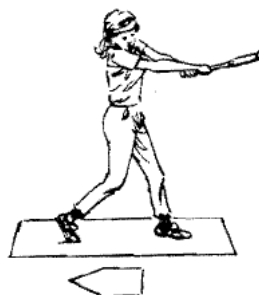
5. Ball is hit out in front of the plate, **weight is on the front foot.**

Observer

Stand to the side of your batter, a safe distance away so that you can look at the swing technique— just like you are looking at these coaching diagrams



6. **Hips** have exploded right around



7. 'Belly button' facing pitcher during follow through



8. **Waist** turns with bat and front leg is bent to increase speed, back leg pivots on toe for balance.



9. **Follow through** - bat follows through after 'hit' and wrists roll over

