

Batting Basics

Grip & Stance, Stride and Lower Body Mechanics



1. Fundamentals:

a. Grip:

- i. Line up the middle knuckles
- ii. Top hand closer to the barrel; bottom hand near the knob

b. Stance:

- i. Feet shoulder-width apart
- ii. Slightly bent knees
- iii. Front shoulder should point towards the pitcher
- iv. Weight equally balanced on both legs

c. Head Position:

- i. Eyes and head are level
- ii. Chin nearly touches the front shoulder

d. Swing Mechanics:

- i. Hands move toward the plate, not the pitcher
- ii. Back foot pushes to transfer weight, then rotates
- iii. Hips rotate toward the ball and remain level
- iv. Chin goes shoulder to shoulder

e. Follow Through:

- i. Majority of the weight is over the front leg
- ii. Arms full extend and then arc to a position fully over and above the shoulder