

Batting Sequence



“Ready”:

- “Athletic Stance”.
- Toes in.
- On Balls of feet.
- Everything moves; shake gluteus; “play the piano” with fingers.
- Bat rests on shoulder~loose grip; elbow bent creating a triangle between bicep and forearm.
- Grip: bat is resting in palms of hands; fingers loose, “playing the piano”~loose grip.



“Set”:

- Grip bat: close fingers around bat.
- Bat up: raise hands (on the bat) to be level with ears.



“1” or “Step”:

- Step forward with non-dominate foot, towards the pitcher; keeping on the ball of the foot.



“2” or “Squash”:

- “Squash”: back foot pivots to a 45 degree angle, from pitcher; keep on ball of foot; knee bends; front foot pivots to 45 degree angle; hips at 45 degree angle; keep bat back.

“3” or “Swing”:

- Swing: chin starts on front shoulder, watching the ball; moves to back shoulder during the swing; eyes are looking down, between two feet on the follow through.
- Bat should swing level through the ball.
- Hips rotate forward as the bat is swung.

