

Homework Number 4 – Basic Hitting

Solid hitting fundamentals include:

1. Set your Hands – Grip.
2. Set your Feet – Balance
3. Shift your weight back.
4. Shift your weight forward (squish the bug).
5. Swing and follow through.

Even simpler:

1. Balance
2. Back
3. Bang

Homework Assignment:

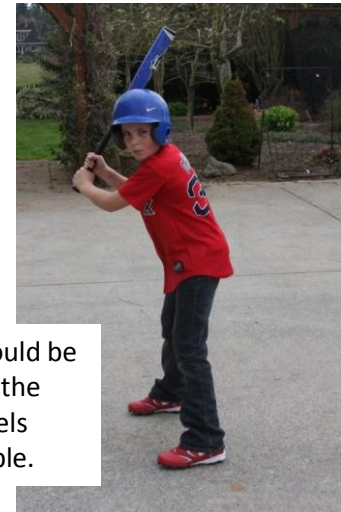
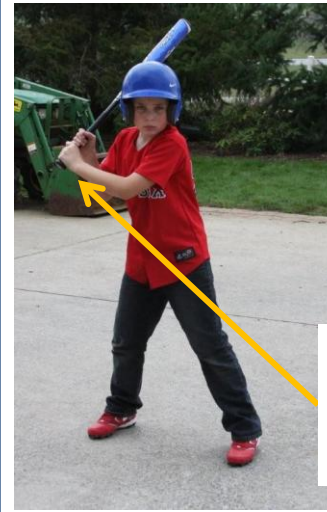
Make 25 swings of the bat each night. Focus on the basics.

1. **Set your Hands:** Loose grip makes for quick hands. Line up your knocking knuckles.



Simple test: have them point their fingers – they should point away from the batter.

2. **Set your Feet:** Nice balanced stance, weight even on both feet. Typically a little wider than shoulders, but whatever is comfortable for the athlete.



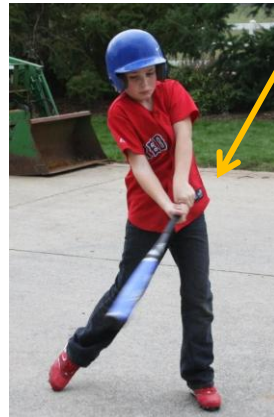
Hands should be wherever the athlete feels comfortable.

5. **Follow Through:** Swing all the way through the ball.



Weight shifted to front foot.

4. **Swing:** Cal Ripkin teaches you *have to go back before you can go forward*. Your loading up your backside in order to develop power.



Belt buckle should be pointing to pitcher.

3. **Shift your weight back:** Cal Ripkin teaches you *have to go back before you can go forward*. Your loading up your backside in order to develop power.



Some athletes lift up the heel over their front foot to shift their weight.