

# HITTING

## TECHNIQUE

- Hold the bat with a relaxed grip at the base of the fingers – not in the palm. The hand closer to the pitcher should be on the bottom, close to the knob.
- Take a comfortable stance close enough to home plate to be able to hit pitches on the outside corner.



- Watch the ball all the way until it makes contact with the bat.
- Take a short stride (10-15 cm) with the front foot directly toward the pitcher.
- Swing the bat on a level path.

