

# FASTPITCH BATTER CHECKLIST

## CONTACT TO POWER

TRAIN HARD. SWING FAST. HIT FAR.



### CORE PRACTICE TEE DRILLS

#### CONTACT



1. PALM DOWN, PALM DOWN
2. BARREL BELOW HANDS
3. HEEL STARTING TO RELEASE
4. STACKED BODY POSTURE

#### EXTENSION



1. BIG TOE IN LINE WITH TEE
2. WATCH FOR TOO MUCH PUSHING OF HANDS
3. WATCH FOR TURNING BARREL OVER TOO SOON

#### FULL SWING



1. THE FINISH



### FULL SPEED DEMO

SCAN EACH QR CODE TO SEE AN EXAMPLE OF THE DRILL

### THINGS TO KEEP IN MIND...

#### STANCE

1. ATHLETIC 50/50 STANCE
2. BEND IN KNEES
3. AVOID LEANING/TWISTING
4. ELBOWS CREATE THE LETTER "A" (BACK ELBOW DOESN'T NEED TO POINT STRAIGHT UP!)
5. BOTTOM KNOB OF BAT SHOULD POINT TO THE CATCHER

#### GRIP

1. BAT RESTS IN FINGERS, NOT PALMS
2. AVOID OVER GRIPPING
3. LOOSE HANDS & WRISTS

#### LOAD

1. HIPS MOVE BACK (PUPPET STRING PULLING FROM THE HIP)
2. BACK KNEE INSIDE BIG TOE

#### SHOULDERS

1. WATCH FOR SLIGHT DOWNWARD ANGLE DURING LOAD

USE CONES TO CREATE A "JAIL" TO HELP FIX STRIDE ISSUES



FIND US ON FACEBOOK!

DO EACH TEE DRILL 30X  
DO THIS 2-3X PER WEEK FOR BEST RESULTS.



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