

**Rhythm and Fluidity in the stance**

- Eliminate tension, promote athleticism and body awareness

**Negative move against the backside**

- Maintain dynamic balance and keep head inside the back knee
- Build up energy to move towards the ball

**Work to a consistent, powerful launch position**

- Hands separate as body moves forward to gather energy
- Flexion in knees and weight grounded

**Efficient rotation with the body while hands deliver the barrel into the hitting zone**

- Back elbow stays tight to hip/hands work tight to the body – barrel works
- Bottom hand leads knob to path of the ball/top hand delivers the barrel into the hitting zone
- Head stays strong over backside – alignment of head, shoulder, hip (behind the ball)

**Extension, Finish, Ball Flight**

- Barrel works long through the hitting zone on plane with the pitch
- Accuracy with the barrel to produce square contact