



Hitting Mechanics Checklist for Coaches

Created by: Jennifer Stitt – Head of Training and Development for The Thornhill Baseball Club

STANCE

- Feet a little wider than shoulder width, toes pointed straight forward
- Knees bent
- Hands up by ear, not too high, not too low
- Hands together on bat
- Both elbows down (Power “V”). *Do not specifically tell kids to keep back elbow up. Many of them have difficulty controlling their swing properly with their back elbow up until they get bigger and stronger. The back elbow up or down is personal preference*

LOWER BODY (HIPS, LEGS AND FEET)

- Stride straight**, and plant that front foot firm! Make sure when the player is striding that they are not opening up or cutting off their back foot
- Turn hips/back leg: **Squish the bug**
- Player should be **balanced** after swing (not moving or falling over)
- Front foot should not move** or open up (after the step), only back foot is moving (squishing the bug)
- Stay back** when striding – weight should not move to front leg or front side after the player takes their step/stride

UPPER BODY (HANDS, TORSO)

- Back should be straight / tall, not hunched over
- Load hands back** before swinging. Hands should NOT be wrapped around head or resting on shoulder
- Hands should not drop** before swinging, they should go right to the baseball
- Quick, level swing through the zone.** Hands should finish on or near front shoulder
- Make contact with the ball by front foot** for maximum power and mechanics, not in the middle of body or by the back foot