

BATTING STAND

Overview

This document will provide a basic guide to a proper Softball batting Stand

BATTING

One of the most common mistake that us dad make is to try to teach our girls to bat the same way we learn to bat a baseball. Batting is one of the things that distinguish Softball from Baseball.

Since softball is a much faster and short game, the batting swing is shorter and faster.

Grip:

Hold the bat in the base of your fingers (is like you are shaking hands) and rest your bat on your shoulders relaxing your elbows.

Stand (Square or open)

Square, Toes equals distance to home plate.

1. Feet outside hips
2. Knees inside of your feet, flex ankle and knees.
3. Elbows down with a space between back elbows and hips.
4. Bat at 45 degree angle
5. Lead arm bent in 90 degree angle
6. Front shoulder relax
7. Plate coverage
8. Rutting to cover touching the outside of the plate
9. **Two eyes at the pitcher or Machine, balance and rhythm.**