



**P.O.C.- Point of Contact.**

To achieve this, have the girls grab a ball, bat and glove. Lay down the glove on the ground. Stand in front of the glove as if it's home plate. Take two steps forward and one step to the right. Put the ball down. Go back to the glove and stand at the glove as if it's home plate, the ball will be out and towards the right. Now, place the bat down so the bat is over home plate ( the glove). The meat of the bat should be over the glove. (Not too close to the handle part of the bat.)

### **1. Check your grip: Pivot-Point**

- Hold bat in fingers- not palms
- Front leg straight- Back leg in "L"

### **2.Go Back**

- Bat rests on shoulder
  - Upside down "V"-Air in Pits
- (Touch cheek with right pointer finger to make check yourself.)

### **3. Get into Box**

- Back foot first at proper distance
- Look down the hitting line. (Where the ball leaves the pitchers hand- Not the pitchers face/body.)
- Step in with Front foot.
- Keep head and eyes level

### **4. Lift**

- Lift hands slightly- NOT ABOVE EAR.
- Weight on balls of feet (Athletic- like playing "D" in basketball)
- When lifting, stay balanced, do not lift and shift weight back.

## 5. **Trigger (Continuous Motion)**

- Shift hips back, transferring weight over back leg.
- Lift Front foot, shift slightly forward and land on ball of front foot.
- Stop Upper Body **Behind** balanced point.

## 6. **Rotate**

- Pivot on ball of Back Foot (Squash the bug.)
- Hands stay in position- drop elbow.
- Rotate Hips, shoulders, and eyes to P.O.C.
- Nose, Knob, Belly Button and Back Toe Face P.O.C.(Do not over rotate.)
- Front Legs Straight- Back Leg in “L”.

## 7. **Extend to Point of Contact**

- Drop Chin to Chest
- Take Hands directly to the ball.
- Palms Up and Down at P.O.C.
- Look Straight Down Arms and Bat
- Front Leg Straight- Back Leg in “L”.

## 8. **Finish Swing**

- Slice Through P.O.C.
- Finish With Chin on Back Shoulder
- Back Shoulder Lower at Finish
- Never take eyes off of P.O.C.

A great drill to make sure front foot stays sideways is to practice up against a wall/fence. Only the back foot can turn (Pivot/Squash)

A great drill to bring all of the above together is to stand in front of a mirror with half of your body in the mirror on the left side. You should begin to do the steps above. When you begin the trigger portion of the above, you should be in the mirror entirely as your weight should be totally shifted to put the weight on your back foot.



## Additional Hitting Tips

1. *Check your grip- Hold bat in fingers- not palms!*
2. *Front leg straight, back leg in "L".*
3. *Get into box- back foot first looking for signs from 3<sup>rd</sup> base coach.. After signs, get in box with front foot and look down the hitting line- NOT THE PITCHER! (The hitting line is where the ball leaves the pitchers hand.)*

### Hitting Techniques.

#### Slap Hitting.

This is a 2 step process. (Only taking 2 steps for contact)

1. Recoil and cross-step. Keep front shoulder facing plate.
2. Step with front foot. Keep front should facing plate and eyes on P.O.C. Swing as you take step 2.

#### Bunt/ Slap

This is where you fake bunt and slap hit the ball.

1. Square you're shoulders and "present" as if to bunt.
2. As the pitch is thrown, pull only your bat back, and then swing at P.O.C. Leave your shoulders both facing pitcher as you'll not have enough time to move them back and forth and make good contact.

#### Bunting

1. Move up in box to avoid bunted ball from hitting plate.
2. Put bat on shoulder and as pitcher winds up, "present" bat over the top and keep the bat head above handle.(If you're a right handed hitter, your left thumb should line up with your right eye. The left hand just above your belly-button.) Bat Head at top of strike zone.
3. Do not move the bat. Move your body up or down with your knees to make contact.