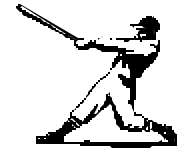




West Linn Lion Baseball

Head Coach: Mike Lord
5464 West A St.
West Linn, OR 97068
503-673-7913



Hitting Mechanics

Mass Hitting Progression

1. Balance

- feet shoulder width with legs slightly flexed
- arms in a relaxed position, 4 inches from chest
- avoid back elbow flare

2. Rhythm

- shift weight to the backside as the pitcher is in his delivery
- moves hands to start hands (J) “things in motion, stay in motion”
- front side toe

3. Reach

- reach to a big front toe (4 inches or replace)
- reach on eggs or ice
- hands should move as you start your reach step
- keep backside weight back
- hips do not move

4. Power

- rotate backside to a power L
- stiff front side
- throw hands to baseball
- barrel must stay on top (Casting or Loop)
- eyes down to barrel
- keep front side closed
- palm up palm down
- arms slightly flexed on contact

5. Extension

- extend arms through baseball
- keep barrel on bat as long as possible
- eyes stay on contact

6. Follow through

- finish as level as possible avoiding a loop
- 1 hand vs. 2 hands

Drills

1. Dry Drills
2. Toss ball or tee work
3. Flip toss
4. Regular BP
5. “Quality not quantity”
6. Compete