

SUN VALLEY HIGH SCHOOL SOFTBALL

KEYS TO HITTING

BELIEVE...

We coach a confident, mentally disciplined approach to the at bat; have a plan and execute it. The batter must know the situation and her role within it. The situation is learned from the dugout, through the “in the hole” and “on deck” positions. From these positions, the batter should be learning pitcher tendencies and her “go to” pitch and the umpire’s strike zone so that she is armed with knowledge when it’s her turn at bat. This knowledge, coupled with a disciplined yet aggressive swing will increase the players and the team’s success.

1. Mental discipline
 - a. Know the situation
 - i. What is your job at this at-bat?
 1. Base hit? – visualize a line drive single
 2. Sacrifice?
 - a. Bunt? Execute it!
 - b. Fly ball? Execute it!
 3. Hit behind runner? Execute it!
 - b. Relaxed and Focused at the plate
 - c. Visualize what needs to be done - Believe it will happen!
 - d. Execute - 100% focus on performing your job – Believe it will happen!
2. Visual discipline
 - a. Pick up the ball from pitchers hip
 - b. Track ball in
 - i. Is it a ball? – watch it to the catchers glove
 - ii. Is it a strike? – watch to contact with the bat
 - c. Watch where the ball use to be
 - i. After contact with bat, let eyes linger at contact spot(keeping head down)
3. Physical discipline
 - a. Ready Stance
 - i. Balanced and athletic
 - ii. Weight off of heels
 - iii. Loose grip on bat
 - b. Negative movement – loading
 - i. Slight weight shift to instep of back foot
 - ii. Front foot – pick it up & put it down (little or no stride)
 - c. Positive movement – getting to contact
 - i. Front foot replants
 - ii. Front leg stays firm
 - iii. Back hip fires to ball around front hip
 - d. Front hand fires to ball – Pull...
 - i. Hands stay close to body, inside ball
 - ii. Pulling bat handle through back shoulder and strike zone
 - e. Bat barrel gets out front – and POP!!
 - i. POP! The bat barrel out to the ball
 1. contact takes place by front foot
 - f. To it and through it
 - i. Visualize a line drive single
 - ii. Make contact and keep driving through the ball
 - g. Follow through
 - h. RUN!