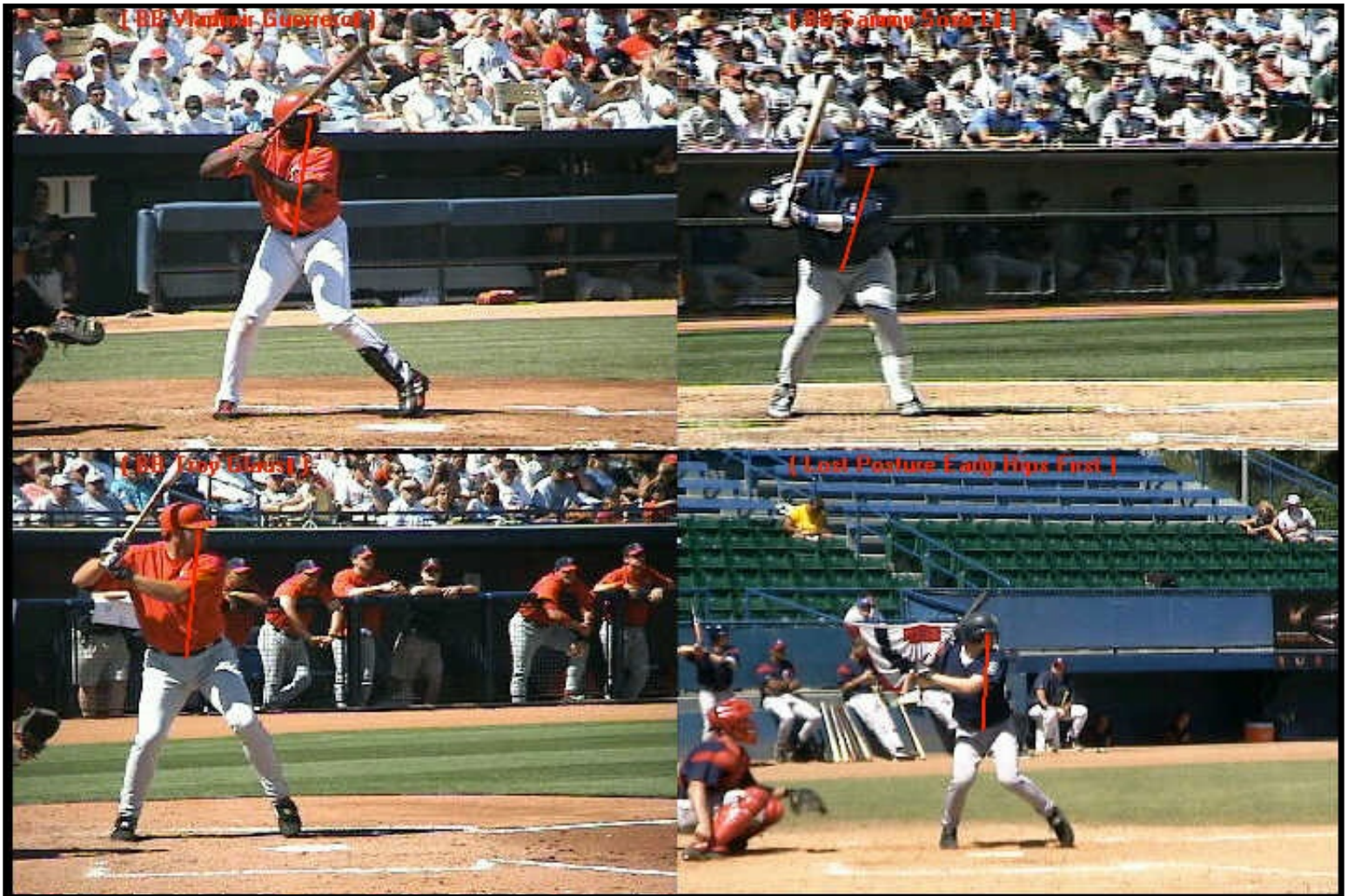


# Negative Move



## Principles

- WEIGHT INTO BACK SIDE
- FRONT SHOULDER DOWN, IN & RELAXED
  - HAND INSIDE ELBOW
  - ATTACKING POSTURE LINE
- NOSE IN AHEAD OF BELT BUCKLE
- BACK KNEE INSIDE OF FOOT

THE NEGATIVE MOVE IS WHEN THE WEIGHT SHIFTS INTO BACK LAG. IT IS THE PREPERATION TO MOVE FORWARD, SOMETIMES REFERED TO AS THE LOAD. USED TO PUT HITTER IN SYNC WITH PITCHER

# Toe Touch



## Principles

- WEIGHT BALANCED
- FRONT SHOULDER RELAXED, DOWN & IN
  - FRONT FOOT SLIGHTLY OPEN
- NOSE IN FRONT OF BELT BUCKLE
  - BAT ANGLED TOWARDS HEAD
- WEIGHT INSIDE OF FEET

GETTING TO THIS POSITION WITH TIMING IS THE HARDEST PART OF HITTING AND WHERE MOST OF THE PROBLEMS IN THE SWING ORIGINATE

# Heel Plant



## Principles

- HEEL GETS PLANTED
- ENDS POSITIVE MOVE
- HARD ROTATION BEGINS
- FRONT HIP ESTABLISHED AS PIVOT POINT
- SOFT KNEES

THIS IS THE END OF POSITIVE OR LINEAR MOVE AND FULLY TRANSFERS INTO ROTATION. THE HEAD WILL STOP ANY FURTHER FORWARD MOVEMENT WHILE THE BODY ROTATES AND TRANSFERS WITH FIRM FRONT SIDE

# Connection



## Principles

- ELBOW, HANDS, AND HIP ARE IN LINE
- WEIGHT SHIFTING INTO FRONT SIDE
  - BAT BARRELL UP AND BACK
  - SOFT KNEES

DEFINES AS THE POSITION WHEN THE HANDS PASS IN FRONT OF THE BACK SHOULDER. THE PART OF SWING WHERE WE SEE HOW WELL THE UPPER AND LOWER BODY ARE WORKING TOGETHER

# Bat Lag

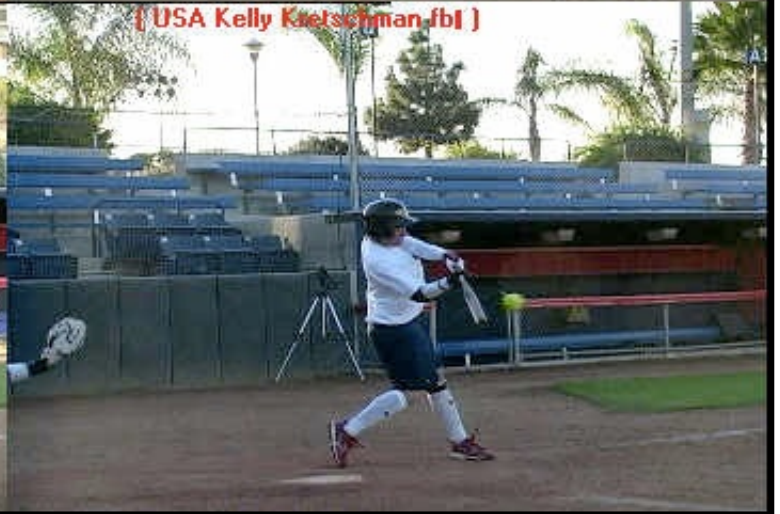
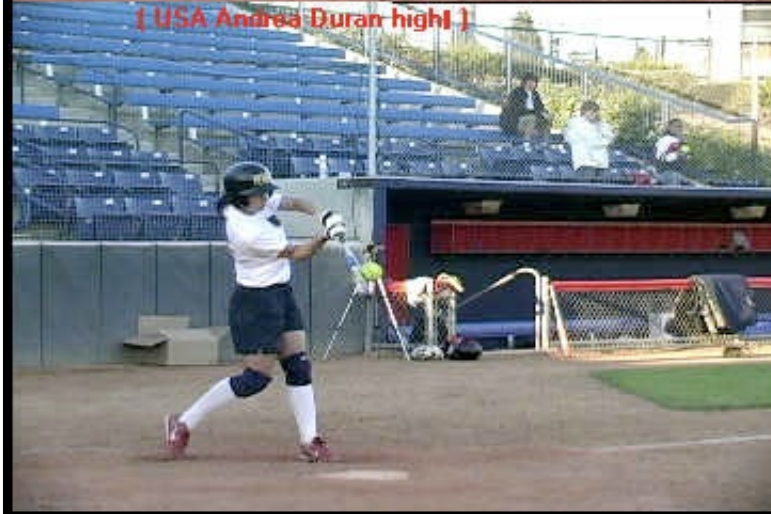


## Principles

- WEIGHT SHIFTED INTO FRONT SIDE
- BAT ANGLE IS POINTING BACK AND
  - APPROX PARALLEL
  - FRONT SIDE FIRM

IS THE POSITION WHERE THE HEAD OF THE BAT IS JUST PRIOR TO ENTERING THE STRIKE ZONE. WEIGHT SHOULD BE SHIFTED INTO FRONT SIDE AND HANDS SHOULD BE OUT IN FRONT OF CENTER OF GRAVITY.

# Contact



# Principles

- ROTATION ON FRONT HIP
- ARMS IN "FAT/POWER V" POSITIONING
- HANDS IN FRONT OF BARRELL
- BARRELL BELOW HANDS
- HANDS BELOW LEAD ELBOW

WRIST SHOULD BE STRAIGHT AND HANDS SHOULD BE IN PALM UP PALM DOWN POSITION. THIS WILL ALLOW YOU TO RELEASE THE BAT THROUGH THE BALL WITH AS MUCH FORCE AS POSSIBLE

# Extension



## Principles

- CHIN CENTERED
- RIGHT PALM UP
- WRIST NOT ROLLED

EXTENSION IS THE POSITION WHERE BOTH ARMS GET FULLY EXTENDED. THE BAT SHOULD BE POINTED TOWARDS FIELD. EXTENSION IS A GOOD INDICATOR OF HOW WELL THE BATTER RELEASED THE HEAD OF THE BAT AND HIT THROUGH THE BALL