

Baseball Fundamentals

Hitting

1. Bat in Fingers
2. Good grip, knocking knuckles lined up
3. Measure distance from home plate
4. Balanced base – inside of foot, outside of shoulders, balls of feet
5. Bat on shoulder, knob pointing down at plate, elbows by side
6. Get set on the pitch by coiling body toward catcher, front toe in
7. Head still, tracking ball
8. Hips initiate the swing
9. Swing from hands in shoulders, hands travel to ball
10. Ball should be hit in front of plate

Pitching and Throwing Mechanics Checkpoints

1. **Grip** – Four Seam, 2 fingers on top across C, thumb centered under the ball. Knuckles up, wrist straight. Loose and relaxed.
2. **Stance** - From stretch: Stand sideways. Hips , shoulders & feet lined up at target. Get set.
3. **Separate** – Keep your balance Knee moves up – Higher the knee more power
Ball moves in circle: down, back and up facing away from target.
Glove moves down, forward and up pointing towards target.
Elbows at shoulder height.
4. **Slide** – foot slides toward target, weight on/head over back foot
5. **Land** – Foot lands pointed home but slightly closed. Keep weight back. Foot, hip, elbow, knee, glove – all aligned towards home
Now, same throwing motion as fielder!!!
6. **Rotate** – Glove pull into shoulder starts hip & shoulder rotation.
7. **Arm Motion** – Arm is pulled into motion by upper body rotation.
Elbow shoulder height.
8. **Release** – With body square to target release ball out in front of the legs and body with the snap of the wrist.
9. **Finish** – Throwing arm finishes outside front leg with hand below knee. Back foot follows body into fielding position.

Grounders

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|-----------------------------------|--------------------|-----------------------|
| 1. Feet wider than shoulder width | 4. Go to ball | 8. Two hands |
| 2. Hands out front | 5. Ball under nose | 9. Trap ball |
| 3. Creep step | 6. Back straight | 10. Shuffle for power |
| | 7. Butt down | 11. Follow steps |