

BSH Jan 2018

Hitting Mechanics

- 1. Use a Balanced Workable Stance
- 2. Use the proper grip
- 3. Get weight back before striding
- 4. Start in the launching Position
- 5. Stride with your front foot closed
- 6. Maintain flat hands through the swing
- 7. Keep head Still and eyes down
- 8. Use a fluid free tension free swing
- 9. lead arm extension through swing
- 10. Employ Solid Mechanics in drills

