

HITTING MADE “SIMPLE”

MH WARRIOR BASEBALL



INTRODUCTION

1. Coach Retka
 - a. Quick background
 - b. Continuous learner and passionate student of the swing
2. Two aspects to hitting
 - a. Mechanics
 - b. Mindset

MECHANICS

1. Stance
 - a. Balance
 - b. Hands “inside” the framework
 - c. Discussion of the big No No’s
2. Up Front Action (UFA) or trigger
 - a. Something must START the swing
 - i. Think UFA instead of “load”
 - ii. Load often inspires a movement backyard with the hands... we do not want this
 - b. Hands to legs or front elbow to front knee
 - i. Top half stays tall and strong
 - c. UFA starts when pitcher “breaks or separates” his hands
3. Move sideways toward the pitcher
 - a. Like pitching, lead hip stays closed as it moves forward
 - i. This creates “torque” in the body and speed to the ball
4. Old mechanics that should be THROWN out
 - a. Squash the bug
 - b. Back elbow down
 - i. Back elbow can be up, front elbow should be down
 - ii. More importantly, hands should be relaxed!
 - c. Stay back... encourages the wrong body pattern
 - i. Often, I say “let the ball travel” as opposed to “stay back”
 - ii. This has more to do with timing than anything else

Special note about bat size...
smaller is BETTER than bigger!

MINDSET

1. Mechanics are ONLY as good as the player’s confidence and intent at home plate
2. **NEXT PITCH**
3. Encourage a pattern from the on-deck circle to the first pitch of the at bat
 - a. Pattern provides a foundation, a creation of calm
4. Think THROUGH THE BALL... not to the ball

DRILLS

1. Tee work
 - a. Three stages to tee work... keeping eyes toward the “pitcher” to begin
 - i. Staggered stance
 - ii. Swing with no foot movement
 - iii. Full swing where front hip leads forward/sideways movement to the ball
2. Soft toss
 - a. Same as tee work, but flips from straight on behind screen... ideally NOT from the side