

# LEARN TO BE YOUR OWN BATTING COACH

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Use the following checklist to stop at given points of your swing to observe & correct yourself.

**TIP:** Learn to check yourself from the feet up...every time! This will keep you from missing certain parts of the swing and more easily allow you to remember all details.

Though this is a self-help system, printed out, it can also be a great checklist for any player who is working with a dad or coach!

## 1. Rest Position

- a. How does it look, how does it feel? Are you comfortable?
- b. Is your weight about 40% front foot and 60% back foot? You should be on the balls of your feet with your weight bearing on the inside of your slightly flexed knees.
- c. Feet should be about 1½ times shoulder width your hands about 4-6" from your body and fingers slightly loose on the bat.
- d. You should maintain a tall back side and keep your head equal distant between both feet, eyes level, so both eyes easily see the ball.

## 2. Load Position

- a. Take a negative move (this is when you "load" with your hands moving toward your back shoulder) with your hands held high at the top of the strike zone.
- b. Can you feel the slight pull of muscles from your torso and upper body...like the winding of a spring? Keep your stride shorter rather than longer!
- c. Hands go toward the back of your body while front foot strides toward pitcher (some coaches will call this 'walking away from your hands'). This early foot stride/trigger is optional; loading the hands is a must!
- d. **Note: Your body weight should now be 80% on the ball of your back foot and only 20% on ball of your front foot with knees slightly flexed.**

## 3. Contact position

- a. Rear foot should be turned facing the pitcher. Are you up on the toes of your back foot?
- b. Is your front foot slightly open at a 45° angle with FRONT KNEE BRACED AND LOCKED?
- c. Are your hands in a palm up and palm down position?
- d. Head still and between both legs like a stickman drawing?
- e. Is your backside still tall, not hunched over or leaning forward or back?
- f. Are your eyes steady & fixed at the point of contact?

## 4. Finish

- a. Are you hitting off a firm front side with your front knee still locked?
- b. Are you still balanced with head centered between both legs so as not to be lunging forward?
- c. Is your head still and steady?
- d. Is the bat completely wrapped around your back?

**Balance Test-** Hitting is about timing & balance. If your body is not in a steady controlled position upon finish, adjust until you are...every time! Again, start with the feet!

### Coach JP's Note

This is a generic list of checkpoints and should help most players. It will supply you with solid information and is designed to keep you in a good, strong hitting position throughout the entire swing, no matter what your hitting philosophy