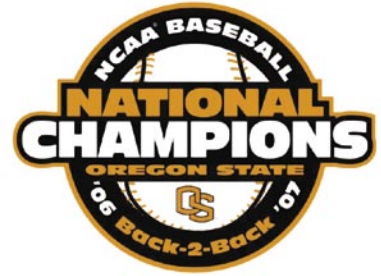


Oregon State University Hitting Absolutes



Keys

Balance: controlling the center of gravity (head out over belly button between balls of feet) from start to finish. This requires good posture (get a posture and maintain that same posture).

Sequential Unlocking of Body Parts: Arriving on time so that a hitter can unlock sequentially (lower body – upper body – swing). In order for this to occur the front stride foot must be down when the ball is approximately $\frac{1}{2}$ way to the plate or sooner.

Rotation to Contact: Once the stride foot heel gets down, get into rotation. To keep the hips free it is critical that you do not block the front side. Front side knee lock should not occur until or just prior to contact. The front foot will open as rotation begins (it does not stay at a 90 degree angle).

Bat Lag: If everything happens on time and posture is maintained the hands are just along for the ride. The bat is the last thing to come. The hands lead the bat to contact. The hands determine contact (adjust automatically to height and width of baseball location).





Seven Most Misunderstood Areas in Hitting

1. Taking “style” away from a hitter.
2. Maintaining posture from start to finish for proper bat path.
3. Balanced Load: getting movement early, circular, rhythm to create bat quickness & velocity.
4. Get the stride foot down on time.
5. Swing begins with the lower half
6. Linear flow to angular movement at contact – 50% centered.
7. Trying to create extension after contact – should happen naturally.

