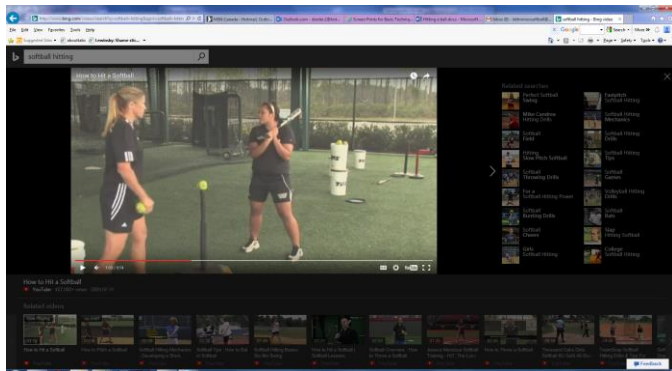


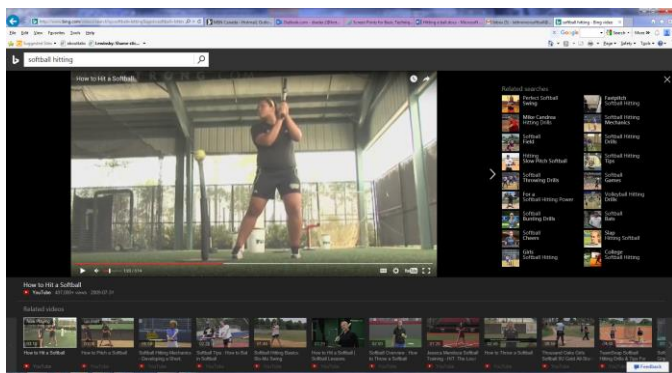


The grip should be in the pads of the hands and the “knocking knuckles” are in line.

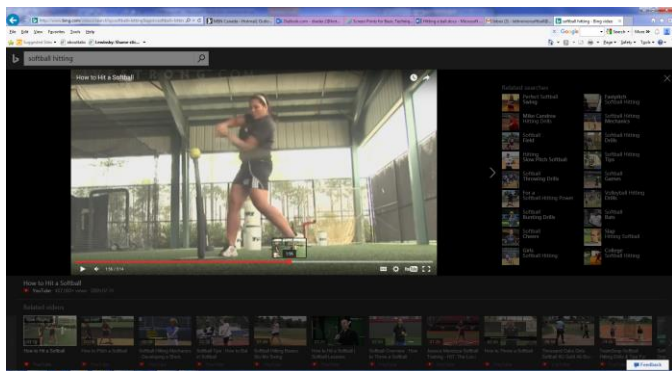
To measure how far away from the plate the player should be is the players bat should be able to touch the closest corner. NOT the Farthest. You can also measure by holding the bat over the plate and putting the meat of the bat square over the plate.



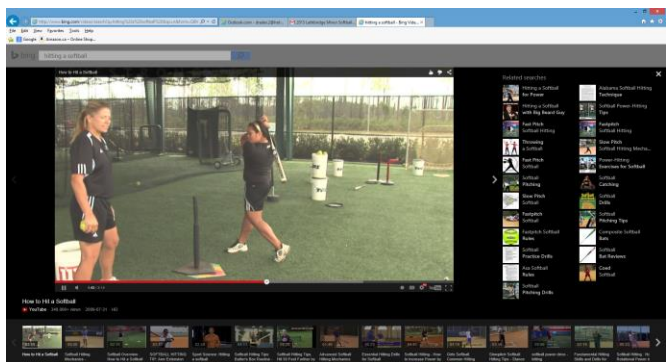
This is the “relax” position to start. Feet slightly wider then shoulders. Arms should be making an “A”. Weight is balanced but more on the balls of the feet. Position to the plate is having your front foot at the top of the plate.



This is the “Load” position. And should be in when the pitcher puts her hands together. Knees slightly bent with more weight on the back leg. Back foot is slightly inwards along with the back knee. Front foot is lifted slightly. The bat just comes off the shoulder. Notice that there is still an “A” but that the shoulder is not up. They have gotten away from that as it just slows a swing down.



This is the contact position or “Stack” position. This is the form you want to take when you hit the ball. You can see that her back hip has turned in but her front is not. Her back foot has pivoted with this but her front has not.



This is the Follow Through position. This is form the player should make when complete. Notice the back and front foot is the same as in the previous shot. Hips rotate and bat comes back over other shoulder. Notice that she is not leaning forward. There should be no leaning towards the pitch.