1. **Grip** – not in the palm, in the fingers, line up knuckles (little & big lined up)
2. **Stance** – balanced, balanced, balanced; square or slightly open; athlete; elbows down, bat at 45-degree angle (knob towards the catcher) (too upright or too flat BAD); lead arm bent about 90 degrees, shoulders and arms relaxed, rhythm --- plate coverage
3. **Load** – can you throw without loading? Hammer? Golf? --- Hands stay in a strong position; don’t twist; bodyweight shift back; weight on inside of back leg;
4. **Stride** – small step; timing; beginning of power

----------------------------------------- First 4 happen every pitch ---------------------------------------------------

**DURING THE SWING, THINK OF SKIPPING A ROCK ACROSS WATER**

1. **Swing** – AS HARD AS YOU CAN EVERY TIME; Think of the knob of the bat – point it at the plate, then the pitcher (back elbow too forward, bat flat; back elbow too far back, pushing the bat) (BAT LAG – **ALL GOOD HITTERS**); **CONTACT POINT –** Palm up / palm down; front leg stiff, back leg bent, elbows make a house, eyes on the ball = CRUSH; --- HEAD STAYS IN A BOX
2. **FOLLOW THRU** – extension (point the bat at the pitcher) – difference between baseball and softball is point of extension (baseballs are lighter with heavier bats so extension happens earlier); maintain two hands during follow-thru – wrists DO NOT roll until extension is complete