

# Batting

1. Always keep two hands on the bat
2. Never throw the bat
3. Grip
  - a. Line up knuckles
  - b. Imagine holding a small bird
    - i. Tight enough so it won't fly away
    - ii. But not too tight so you don't hurt it
4. Feet slightly wider than shoulders
5. Athletic position
6. Feet and shoulders in line with pitchers plate
7. Swing bat level to the ground
8. Watch the ball the whole time - keep your head in place
  - a. Say "hit" when you see the bat hit the ball
9. Follow through
  - a. Hands up near lead shoulder
  - b. Back shoe laces facing pitchers plate