**Kentlake Hitting Videos Study Guide**

Part 1 – General Hitting Philosophy

* 3 Goals of the Swing:
	+ Powerful Swing – Distance & Velocity
		- Hips lead the swing
		- Get good back spin, hands come from inside and extend through the ball towards the pitcher
	+ Compact Swing – Short & Quick
		- Hands fire straight ahead
		- CC – “Short to, long through.”
	+ On-Plane Swing – Consistency
		- Do not swing down on the ball
		- Do not have a “V” in your swing
		- Hands should be above the ball
		- Just before you release the barrel the knob should be angled slightly up
		- The bat should stay on plane about the length of a bat
	+ General Information
		- “Wait, wait, explode.”
		- Never swing at bad pitches in b.p.

Part 2 – Lower Body Mechanics

* Step & Load
	+ About 6-8 inches
	+ Load to the inside part of the back leg; do not load past the back knee
	+ CC – “Get the front foot down in time.”
	+ A basic stance is suggested
	+ CC – “Load hands up and back.”
* Hips Lead the Swing
	+ Hands stay back and are pulled by the hips.”

Part 3 – Lower Body Mechanics

* Swing begins when front heel drops
* CC – “Hands should be back at front heel drop.”
* Create separation or distance of knob from the front hip
* Front heel drops, front hip opens, back knee drives
	+ Don’t bug squish but kick the back knee forward
	+ High back heel
* CC - “Weight in the middle, knees close together”
* Common flaw: hip gliding

Part 4 – Upper Body Mechanics: Shoulder Tilt

* Keep it natural and athletic
* Angle of the bat = angle of shoulders and hands
* Shoulder tilt gets you on plane with the pitch
* Shoulder tilt should happen as hips open
* Right shoulder does not dip, left shoulder comes up toward left ear
* CC – “Do not collapse the back side.”
* Rarely does somebody actually “dip” their back shoulder.
* Angle of the shoulders, matches the angle of the lead arm and the angle of the lead arm equals the angle of the bat.
* The bat should not be flat at contact.
* Tuck high, do not let your hands drop at the beginning as your hips open up.

Part 5 – Upper Body Mechanics: Tuck

* Tuck the top hand elbow, elbow should be almost even with knob
* Do not drive the knob at the ball or “stab” with the knob
* Tuck high and tuck flat
* A poor tuck decreases separation, leads to a down knob and coming outside of the ball.
* Know should be aimed up when you release the barrel
* “Tuck while keeping hands back.”
* Swing should be flat, not a “V”

Part 6 – Upper Body Mechanics: Top Hand Extension

* Top hand delivers the barrel.
* Get the barrel to the ball.
* Put the brakes on the lead arm/barrel.

Part 7 – Total Body Mechanics: Timing

* CC - “ Arrive in time, on time.”
* Front hip should be fully open as top hand hits ball.
* Try to sync your top hand and hip.

Part 8 – Hitting the Outside Pitch

* CC – “Let the ball get deep.” or “Let the ball travel.”
* CC – “Approach the ball from the inside.”
* CC – “Stay above the ball.”
* CC – “Extend through the ball.” or “Point the barrel over the opposite field fence.”

Part 9 – Hitting the Inside Pitch

3 Points:

* Keep the hands back, do not stab with the knob.
* Keep your hands in close or "bent elbows."…the lead elbow will be bent usually
* Get your top hand to the pitch…extend towards to the left field fence after contact
* The goal is approach the inside part of the ball and keep the inside pitch fair, NOT foul or hooking it.
* CC – “Get the barrel to the ball.”

Part 10 – Hitting Offspeed Pitches

4 Principles of Hitting Offspeed Pitches:

* Hit the fastball
	+ CC – “Aggressive to belt down fastball.”
* Land softly on the front foot.
* Wait, wait, wait, explode!
* Avoid offspeed until 2 strikes…but if you swing, take a mean hack!
* With 2 strikes look to the opposite field.

Part 11 – Pitch Selection & Situational Hitting

* The importance of pitch selection. Buy into the importance of pitch selection and practice it constantly in batting practice.
* Situation #1: Early in the Count
	+ CC – “Look to drive the ball early in the count.”
	+ You should be so focused on driving the ball that it is impossible for you to take anything but a powerful swing.
	+ ALWAYS look to drive the ball in b.p.
* Situation #2: Late in the Count
	+ Let the ball get deep.
	+ Avoid guessing.
	+ Be confident, trusting in your approach.
* Situation #3: Runners on 3rd, less than 2 outs.
	+ Mindset is the most important thing. You have to believe you are an RBI machine and it’s automatic run for the team.
	+ Three things to avoid:
		- Avoid leaving it up to the umpire.
		- Avoid pop ups.
		- Avoid ground balls to the corners.
	+ Get the guy early in the count.
	+ Stay above the ball.
	+ Let the ball get.

Part 12 – Hit & Run & the Slash

* Hit & Run:
	+ 3 Points
		1. move up in the box, move up on the plate
		2. let the ball get deep, let the ball get past your knob before you extend; hit the ball on the ground to the opposite side
		3. stay above the ball, slight downward swing; knob should be angled barely down when you release barrel
* The Slash
	+ Show bunt just after pitcher’s set
	+ Flat going back, flat going forward; bring back just off of back shoulder and duplicate flat line going forward.
	+ Knob angled down at release

Part 13 – Bunting

* Sac Bunt:
	+ Pivot don’t square
	+ Make sure that you square around in time.
	+ CC – “Start with the barrel at the top of the strike zone.”
	+ Elevator on low pitches.
	+ Do not drop or dip barrel.
	+ Bunt either to 1B or 3B
	+ Arms should be almost fully extended
	+ Soft elbows.
* Drag Bunt:
	+ Square around after pitcher releases
	+ For a right handed batter, drop step with the right foot
	+ Cardinal rule: “On the line or foul.”
	+ CC – “Point end of barrel at 1st base to bunt to 3rd base line.”
	+ Left handed batter: cross over with the left foot.
		- Don’t bunt and run; get the left foot down then bunt the ball down, then run
		- Point the handle at the first base bag to get it on the line.

Part 14 – Two-Strike Approach

* Things to Defend Against:
	+ The Outside Pitch 🡪 move up on the plate
	+ The Off-Speed Pitch 🡪 move up in the box & step early
	+ The Pitch Up in the Zone 🡪 start with your hands higher
* Widen your base (also helps on off-speed).
* Choke up for more bat control.
* Be confident
* Still look to drive the ball