



Guelph Minor Softball Association

Batting Technique Basics Proper Stance:

- Feet -shoulder width apart,
- Square the feet to home plate – draw a line in the dirt to show the players where to stand.
- Bend the knees slightly.
- Grip the bat with the fingers, not tightly with the palm of hand. A relaxed grip is preferred.
- Square the shoulders to the feet, chin should be closer to the front shoulder.
- Elbows should be slightly bent with the hands just outside the back armpit.

Proper Swing Motion:

- Load and transfer -Begin the swing with a little to no step toward the pitcher. Do not pick the foot up high. It's a very subtle lift and move forward.
- The stance should remain closed –do not step out towards third.
- Throw hands toward the ball, bringing bat through the hitting zone to hit the ball.
- As the hands come through, turn hips at the same time. The player should turn on the ball of back foot. Squashing the bug with toes, heel up, turning that thigh towards pitcher.
- Eyes should remain on the ball through impact.
- Proper stance and swing should be balanced.

Fence Drill:

- Place T Ball stand 4' from the back stop.
- Line up players so they would hit the ball into the back stop.
- Toss the ball at them from the open side of the players stance .
- Have the batter drive the ball into straight into the fence.
- Focus on fundamentals of the swing.
- Good stance, proper hand position, good swing through contact and correct finish.
- You can use wiffle balls or tennis balls.
- Set up 2 or 3 stations to allow multiple batters at once.

Directional Hitting:

- This drill is done in the softball field.
- The players have progressed and are making good swings direction is the next step.
- Have the player line up to the plate with proper stance .
- Provide the batter with a direction to hit the ball –3rdbase, 1stbase, etc.
- Make sure they rotate their body around the plate and square their hips and should to the direction they are hitting.
- Have the player hit to each position once before rotating

The Cone Contest:

Game/Contest to help improve batting while having FUN!

- Place 4 cones at 4 different positions in the field.
- First Cone –At just in front of the pitchers-mound –1 Point
- Second Cone –At the front grass just before the dirt in the infield –2 Points
- Third Cone –At the back of the infield dirt –3 Points
- Fourth Cone -Ten yards past the Third Cone. -4 Points