

Hitting - Be Smooth, Be Explosive, Be Unstoppable

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Hands - Simple, repeatable hand position that creates stretch—not tension

- Hands lined up and relaxed
- Start near ears
- During load push hands away from ears laterally rather than twisting back, creating a stretch
- What to do with the barrel when getting ready to swing
 - Barrel goes from upright to slightly slanted
 - NOT going beyond the head
 - NOT dumping away from head

● Drills

- Band pull a-parts, Split grip in middle out, Baby bat top hand/ bottom hand, Flat bat swings

Stance and Load - Key Focus: Stay stacked and connected while building tension

- How do I do that?
 - Keeping good posture - chin over toes, hinged hips, bent knees
 - Chin and belly button line up throughout swing
 - During negative movement chin, belly button and inside of back knee should be in line
 - At ready position (front Heel UP) chin and belly button are aligned
 - At heel plant belly button and chin are aligned and behind front hip
 - Back hip screws into the ground, hip pushes slightly back building the pressure in hip

● Drills

- Wall Loads, Combine wall load and band separation, Happy Gilmore swings

Hips – Power and Space Creation

- Swing starts, we are creating space for the back elbow to come through
- This causes the back hip to push forward forcing the front hip to pull back (or switch)
- If players stand or straighten out they will not be able to create this space or turn
- Your back knee should be driving towards the front foot
- Working through the entire back foot until you can't, then moving the back foot
 - Big toe should feel squished
- Back hip, knee and shoulder line up going to contact

● Drills

- Banded drive, Knee to bucket, Knee to med ball, 45/90 drill, Slider with and without band

Contact – Where Power Shows Up

- At contact we want our back hip, knee and shoulder to be in line
- Our bat angle should match our shoulder angle
- Our hands should be palm up (TH), palm down (BH)
- At extension our arms should be extended
- Big Finish over our shoulder
- We want the hitters to whip the bat with both hands through the zone

● Drills

- To contact hold and go, Swinging down the line, Break down the swing, Inchworm, Self toss

Hitting Conditioning

- Water bag side to side / Inchworm
- Resistance Bands
- Med Ball Tosses

