

# North Idaho College Softball



## *Hitting for Success*

- I. Stance
  - a. 50/50 Balance
  - b. Pressure in the knees
  - c. Bend in the waist and knees
  - d. Front shoulder lower
  - e. K posture
  - f. Eyes/nose/chin slightly in front of belly button
  
- II. Load
  - a. Controlled fall
  - b. 50/50 on load
  - c. Shoulders slope down
  - d. Slow feet
  - e. Load into a good attacking K posture
  
- III. Load and Separation
  - a. Separation between hips and shoulders
  
- IV. Half Turns
  - a. Backside initiates the start of the swing
  - b. Don't smash the bug!
  - c. Un-anchor back foot/weightless
  - d. Get over the stick
  - e. Front leg has a slight bend
  
- V. Swing Path
  - a. See Saw to contact
  - b. Think elbows not hands
  
- VI. Contact
  - a. Backside stacked
  - b. Head on ball
  - c. Elbows bent
  - d. Palm up/Palm down
  - e. Front leg has slight bend
  
- VII. Extension
  - a. Stay palm up/palm down
  - b. Stay through the pitch
  
- VIII. Follow-Thru
  - a. Show me your back