

# BASEBALL

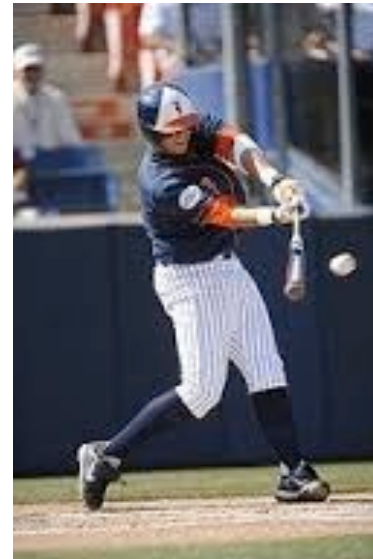
## Batting



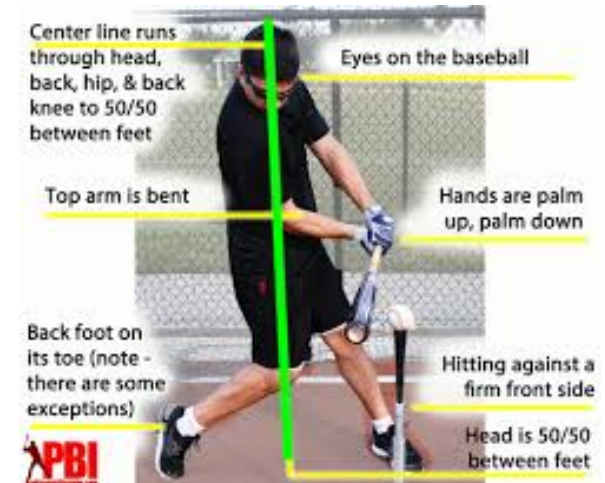
For a right-handed grip, your right hand should be on top and left hand on bottom. Have a controlled, but loose, grip on the bat.



Point your toes and hips/shoulders at homeplate and lift the bat making a triangle between your hands, shoulder, and ear. Turn your head to look at the pitcher. As the pitch approaches, rotate your back leg and uncoil your hips/shoulders toward the pitcher.



Lead the swing with your hands and then whip the bat through the hitting zone. Contact the ball in front of the plate.



Follow through with your swing, continuing to rotate your hips, twisting on the toes of your back foot and swinging the bat around your back.