

BATTING STANCE

Overview

This will provide a basic guide to a proper Softball batting Stance.

BATTING

One of the most common mistakes that dads make is to trying to teach their girls to bat the same way we learned to hit a baseball. Batting is one of the things that distinguish Softball from Baseball. Since softball is a much faster and shorter game, the batting swing is shorter and faster.

Grip:

Hold the bat in the base of your fingers (is like you are shaking hands) and rest your bat on your shoulders relaxing your elbows.

Stand (Square or Open)

Square: Toes equals distance to home plate.

1. Feet outside hips.
2. Knees inside of your feet, flex ankle and knees.
3. Elbows down with a space between back elbows and hips.
4. Bat at 45 degree angle.
5. Lead arm bent in 90 degree angle.
6. Front shoulder relaxed.
7. Plate coverage.
8. Two eyes at the pitcher or Machine, balance and rhythm.