

Slapping the Tennessee Way

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Pressure > Errors > Runs

1. Footrace
2. Lateral movement
3. Communication
4. Thinking

Tools: Use them all!

1. Bunt
2. Slaps – soft, chop, power
3. Aggressive baserunning

Footwork: same for bunt and slaps

1. Start when see ball out of pitcher's hand
2. Pivot on right foot
3. Crossover step – left over right (one step)
4. Left foot lands on front inside corner of batter box
5. Good jogging/running form – “nose over toes”, down & over hitting area

Bunting

1. Deception
2. Placement
3. Barrel angle
4. Deaden ball

Slapping

1. Hands inside ball – short, compact swing
2. Contact when left foot lands
3. Firm swing
4. Level swing – different contact points
5. PACE is key
6. Difference between hard and soft slaps

Drills

1. Catch drill
2. Tee work – one arms
3. Inside pitch drill
4. Screen – choppers
5. Wall swing
6. Chair/bucket in front of box
7. Progressions