

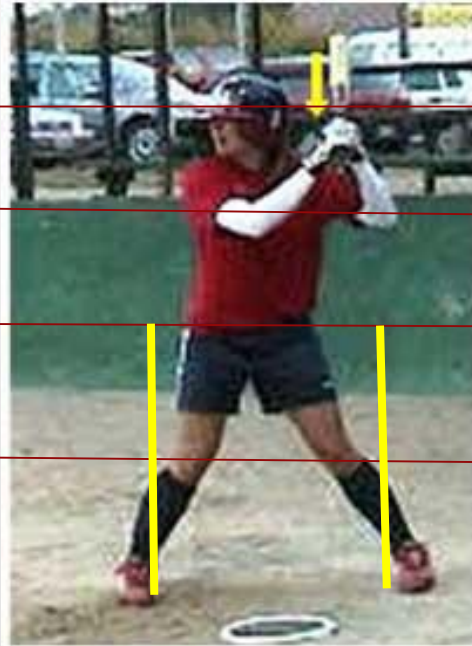
OFFENSE HITTING PRESENTATION

A GREAT WAY TO TEACH HITTING



FIGURE OUT A GREAT STANCE

**In your legs
Vertically Stacked
Knees inside feet**

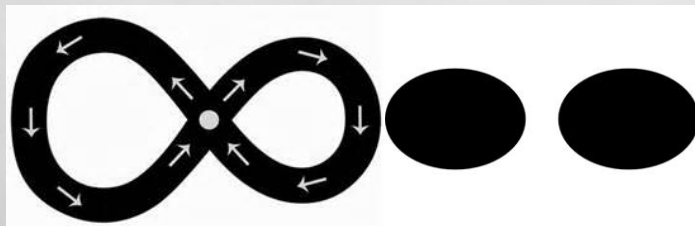


CREATE RHYTHM TO LOAD AND SEPARATION

- **MAKE SURE HITTER REMAINS IN ATHLETIC POSITION ON BALLS OF FEET**
- **YOUR SEPARATION SHOULD “PACK A PUNCH”**
- **KEEP YOUR HANDS INSIDE FRONT ELBOW TO DEVELOP A GOOD ANGLE – “WHIP THEORY”**
- **CREATE EXTRA TORQUE (HANDS, HIPS AND FRONT KNEE-SLIGHTLY BENT)**
 - **DOUBLE PENDULUM EFFECT (PUSH/PULL)**

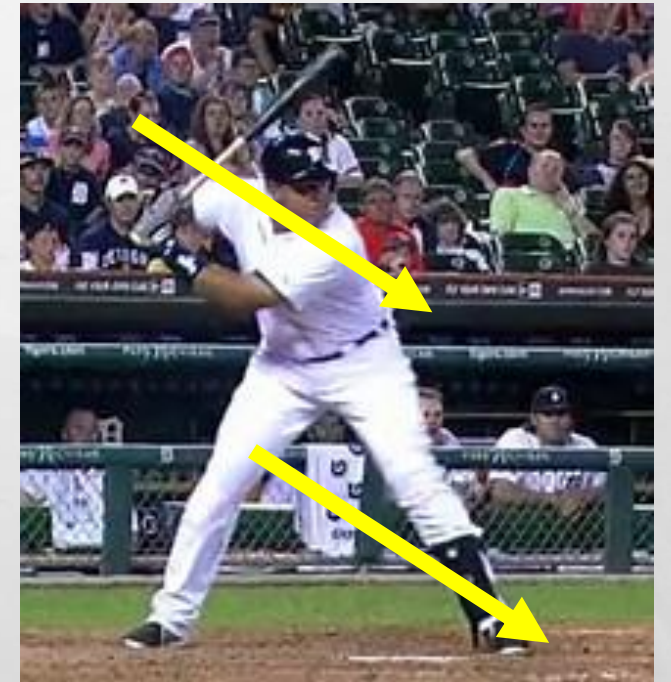
BALANCE AND RHYTHM

- **STAY LOOSE AND FAST**
- **STRENGTH + SPEED = POWER**
- **VISION – 2 EYES ARE BETTER THAN 1**
 - **VISION DRILLS – EVERYDAY**



STARTING THE KINETIC LINK

- **LINEAR PROGRESSION OF ENERGY TO TRANSFER ENERGY TO A GROUND FORCE**



HANDS INSIDE THE ELBOW



“WHIP THEORY”

- **“THE FASTEST WAY TO GENERATE THE MOST POWER USING ANY OR ALL PARTS OF THE BODY”**
- **ADDS POWER TO EVEN THE MOST RIGIDLY USED MOVEMENT**
- **CAN BE ADJUSTED WHILE IN FLIGHT OR WHEN TOTALLY COMMITTED TO A MOVE, TO COMPENSATE FOR A CHANGE IN THE POSITION OR ANGLE OF THE DESIRED TARGET**
- **SKIP THE ROCK AND THROW THE FRISBEE!!!**
- **SLIGHT TORQUE IN FRONT HIP AND SHOULDER!!!!**

BIOMECHANICALLY - 42% OF YOUR HEIGHT

- **5' PLAYER – 24-26" STANCE**
 - **5'2" PLAYER – 25-27" STANCE**
 - **5'6" PLAYER – 27-29" STANCE**
 - **5'9" PLAYER – 28– 30" STANCE**
-
- **GET YOURSELF AN OLD 3' TOWEL AND CUT SOME STRANDS – TIE THEM TO THE HITTERS BAT BAG**

ATTACK YOUR FRONT HEEL

**The Longer you
Can stay
parallel! Your chances
of getting inside the pitch
increase**



**Linear Energy
HEEL DOWN**

BIG PLANE SWING



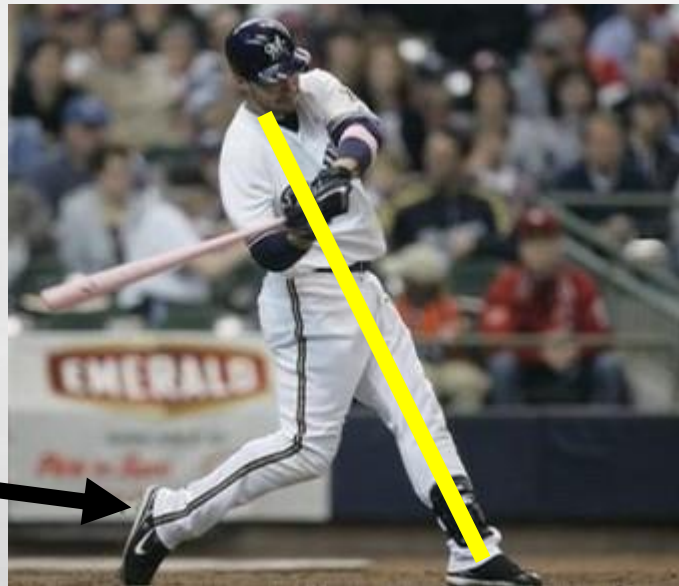
Here's the Ball



LINEAR ENERGY TO TRANSVERSE FORCE

- **YOU ARE DRIVING ALL YOUR LINEAR ENERGY TO A TRANSVERSE FORCE ON YOUR BODY!**
- **IF THIS ALL COMES TOGETHER AT THE CONTACT POINT – YOU WILL HIT THE BALL!**

Heel UP



VISUAL WHEN WATCHING YOUR KIDS



HEEL = EQUALS ROTATION

Inside Elbow



Slightly on ball of foot

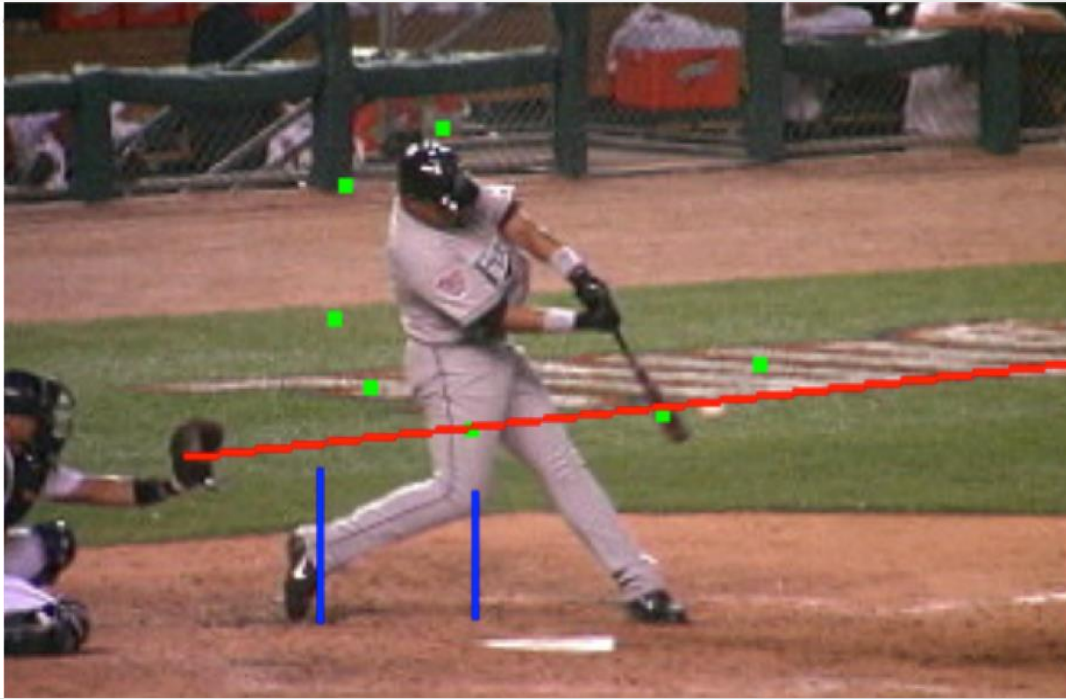
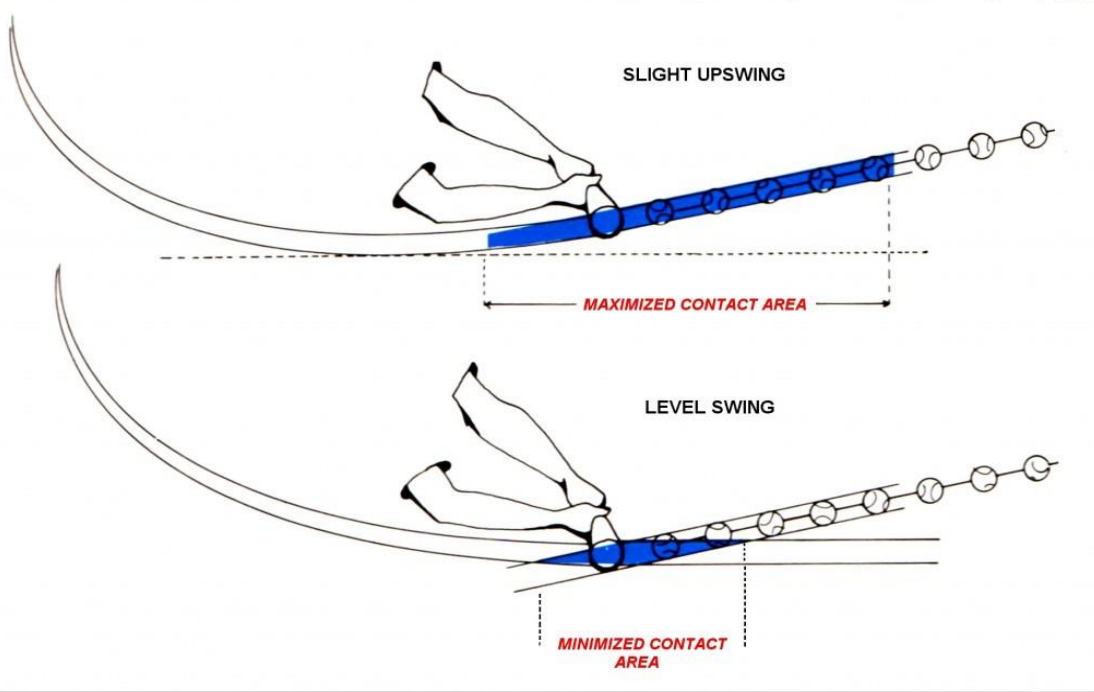
DOWNWARD SWING

Heel Planted

CONTACT POINT – PALM UP/PALM DOWN



EXTENSION



TROUBLE SHOOTING

- **HITTING A CHANGE UP? FRONT KNEE AND “SEE RELEASE”**
- **PULLING EVERYTHING – STAY INTO YOUR FRONT KNEE LONGER**
- **HITTING A CURVEBALL – STAY PARALLEL**
- **HITTING A DROP BALL – GET INTO YOUR LEGS MORE – DROP YOUR CENTER OF GRAVITY**


BEING CREATIVE WITH YOUR PRACTICES

- **ADD COLORS OR DOTS TO ALL THE BALLS!**
- **ALWAYS PUT THE BALL ON TEE LIKE THIS:**
- **ADD VISION EXERCISES**
- **DIFFERENTIAL EXERCISES (J.ROPE, MED BALL, LADDERS)**

Hit inside 1/2



MY FAVORITE DRILLS

- **LONG TEE WORK**
- **INSIDE/OUTSIDE POP**
- **DIFFERENTIAL BALANCE TRAINING**
- **V-FLEX** 
- **3 PLATE TIMING DRILLS OFF OF MACHINE**
- **SELF HITTING**
- **TENNIS BALL VISION DRILLS**
- **CHANGE UP DRILL**

[HTTP://VFLEXSPORTS.COM/](http://VFLEXSPORTS.COM/)

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**Save
\$30**

WE APPRECIATE YOU!



**THANK YOU,
Randy Schneider
Iowa State Softball**