

# Shoot It Inside Out Hitting

## 4A Shoot IT Inside Out Hitting

The purpose of this document is to record my approach to hitting a baseball or softball.

### Outside Pitch First

To begin with I will describe my approach to an outside pitch. Therefore, with an inward turn to line up with the pitch, all the other pitches are hit the same way (with hands back). I do not hit all outside pitches the same because there are several types of outside pitches: fast, off speed, slow, high, low, moving in, moving out, moving up, and moving down. I also change my approach when I have two strikes. Until two strikes, I hit against the spin. After two strikes, I hit pitches on the left to the left and on the right to the right. That way, hitting with the spin the foul balls just skip back off the bat. Until two strikes, I do not cover the whole plate. I pick a small zone, and hit against the spin. Or, I look for a specific spin so I can cover more of the plate. Either way, with less than two strikes, I have a general idea of where the ball is going to be hit. In general, I hit off the back foot, saving the front foot for change ups. In other words, I stab the front foot and either put a left-hander swing behind the toe or a right-hander swing behind the heel. I hit the changeups or off speed pitches off the toe or heel of the front foot.

### Hit It Hard

It is important to be able to hit the outside pitch hard, almost as hard as you hit any other pitch (The turn helps you hit the other pitches a little harder.). It is also important to know when the game wants you to try to hit the outside pitch over the outfielder's head. When not going over the outfielder's head hit the ball at base line level (just as hard) through the infielders. You want to hit it through the infield so you will avoid lazy fly balls and easy grounders. Even your miss-hits will be hard to field: swinging bunts and bloopers. Get quickest swing and more hits by hitting it hard.

### The Lefthander Swing

Have you ever noticed the difference between lefthander and right hander swings? Lefthanders grow up hitting pitches that are coming in on them. So they hit against the spin and on the outside of the ball. Right handed hitters tend to backhand the ball, and lefthanders tend to forehand or top hand the ball. The best hitters (left hand or right hand) use both types of swings. Because it is the quickest, when in doubt use the left hander swing.

### Hit it Inside Out and Hook It

It is important to use the quickest swing. The quickest swing is when you shoot (throw) the bat head inside out (both underhand and overhand). Inside out is like a chest-pass in basketball. The power comes from the thumbs out to the fingers. It results in a longer grip. The bottom hand works like hammer. Like a chest-pass, the power is away from the body. The fingers straighten out, away from the thumb. The slowest swing is when you throw it side-arm, the fingers come together with the thumb, the

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swing goes around the corner, and outside in. Like the difference between a fastball and a change-up, inside-out is quicker than outside in. Also, the left-hander swing is quicker than the right-hander swing. The quickest swing hooks the ball from inside out. When you set up to hook the ball off your toe, it is easy to also move back on your heel to push the inside of the ball. If you set up to push the ball, it is almost impossible to hook the ball from that setup. It is easier to move from toe to heel, than from heel to toe. Hooking the ball is much quicker, so set your default to hook the outside pitch. Pushing the ball off the toes on the inside pitch is much quicker. So, set up to hook the outside pitch, and with a very small turn you are ready to push the inside pitch inside out. Another term for hooking the ball is keeping your hands back. Because inside out is the quickest swing, setting up for hooking the outside of the ball is the quickest swing.

## Use Gravity and Hit from Your Toes

The quickest swing uses gravity. Overhand it is like an overhand fastball, or like a short overhand right in boxing. Underhand you drop the bat head on the ball. They both go inside out and use gravity. They both are off the toes. When you are hitting off the toes, your head is down or leaning in. Think of using that swing on an outside and high pitch. Think of hitting that pitch both over the outfielders head, or at the level of infielder's feet. It will be a very short stroke leaning in, and the bat head will not move very far. So, when throwing the bat head overhand there will be back spin and the ball will rise. It is important to lean in close enough to that outside pitch to hit it hard. Like a fastball with backspin, gravity will help you hit it hard. Like an underhand drop with topspin, gravity will help you hit it hard.

## Get Close to the Plate

The quickest swing is close to the plate. It is easier to see a ball that is close to you. Plus, if you are accustomed to having the ball close to you, it is easier to get out of the way of a pitch. When on your toes, leaning in to the pitch, it is easy to see and easier to get away from. It is also much harder to pitch to a person who is close to the plate. It is also much harder to pitch to a short person. I like to crouch down on my toes, so I can turn on a pitch easier. Because they always say the hardest pitches to hit are low and outside and high and inside, I rise while I turn. Using either the underhand or overhand inside out swing, the same turn works for hitting both high and low inside. Since I like to hit the ball close to my body, it is not far to go to turn from low and away to high and inside.

## Hitting Spin

Pitches moving towards the plate (both back door and front door) are the most inside and outside when (and where) you hit them. So you foul these off with two strikes and look for them with less than two strikes. Hit them against the spin with less than two strikes and with the spin with two strikes. If you are not trying to hit the ball fair on these pitches, it is easy to hit with the spin. Since you are hitting close to your body, it is almost like catching a ball with your glove. Plus, if you are set up to hit the ball foul

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and the pitch breaks more than usual it is easy to then hit it against the spin (easy and fat).

### **Hitting Outside of Ball – Hooking the Ball**

Pitches moving away from the plate and inside are hit before they catch the corner or while they are still over the plate. Of course hit them against the spin (overhand for a rise and underhand for a drop, and on the outside of the ball for both). Sometimes I backhand off the front foot on these to get more torque on the ball, especially against lefthanders. It is a longer swing, but easy to hit because the ball is coming in on you.

### **Hitting Inside of Ball – Pushing the Ball**

Pitches moving away from the plate and outside are hit after they catch the corner. Of course hit them against the spin (overhand for a rise and underhand for a drop, and on the inside of the ball for both).

### **Checked Swings**

Checked swings: besides the power and quickness of throwing (and dropping) the bat head with this “shoot it inside out” swing, probably the most important benefit it creates is the ability to check or hold up on a swing. Starting the swing later allows one to check it later. Plus, leaning on your toes (with your hands inside) makes it much easier to check a swing. Ability to check a swing increases the ability to hit with two strikes and get the team familiar with the pitcher.

### **Hands Back**

Keep the hands back: I started describing the outside pitch because it is easy to keep the hands back on an outside pitch. In other words, it is difficult to hit an outside pitch hard with the hands forward. Use that same hands back position for all the pitches by turning to fit your body to the pitch. The first thing you see is how the ball is spinning and where it is starting from. Shape your body to what you see, refine your shape as the ball comes in. Have a one way switch. It is always on for hitting until you check your swing. Keep the hands back and have quick hands.

### **Heels and Toes – Hooking and Pushing**

To use both the lefthander and right hander swings, you may have to understand the difference in the footwork. I say “may have to” because when you shape your body to the pitch the footwork comes naturally. But since much of the hitting instruction is focused on the right hander swing, understanding the footwork for shaping the lefthander swing may be helpful. With the lefthander swing the head is down and the balance is more on the toes. With the right hander swing the head is up and the balance is more on the heels. Because it is easier to move from toes to heels than from heels to toes, always start out with the head down. In other words, start out to hook the ball like a lefthander. From that position, all you have to do to transition to the right hander swing is raise your head. Plus, all you have to do to hit an extremely inside pitch is keep your head down and turn your toe.

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## Summary

The purpose of this document is to record my approach to hitting a baseball or softball.

To begin with I described my approach to an outside pitch. All the other pitches are hit the same with a power generating inward turn to line up and shape your body with the pitch. Lefthanders need to learn the right hander swing. Right handed hitters need to learn the lefthander swing. When in doubt, use the lefthander swing. The “shoot it inside out” swing is easier, quick, and powerful. Once you learn it, check out the great Major Leaguer’s who have used it over the years (even though it has never been taught).