

Checklists, Hitting Checklist

1. Where are the outfielders?
 - a. Out or In
 - b. Set the Elbow for
 - c. Backspin or topspin
 - d. Always front shoulder in, to whip upper body with lower body
 - e. Always hit the big side, against the spin, not back of the ball
 - f. Always allow the bat to whip, release upper body muscles
 - g. Always contact after twirl (roll over before contact), quickest swing
2. Normally Outfielders out, Elbow down for topspin
 - a. Spike the baseline towards outfielders
 - b. Bloopers and high hitters
 - c. No outfield flies
 - d. Will over time draw outfield in
3. Outfielders in, Elbow up for backspin
 - a. Straight over outfielder's head (don't aim for gap)
 - b. Bloopers and high hitters draw them in
4. Hitting with two strikes
 - a. Foul balls help you
 - b. Left hander swing
 - i. Hook it, like out of the catcher's mitt
 - ii. Quickest swing
 - c. Hip twist left and right
 - i. Tennis two hand forehand or backhand
 - ii. Contact after twirl
5. Hitting with less than two strikes
 - a. Imaginary line center of plate towards pitcher
 - b. Either look for pitches breaking towards the line or away
 - c. Either give the pitcher either one or the other
 - d. Different and opposite footwork for each
 - e. Same hitting footwork as throwing footwork
 - i. Clockwise, for front foot swing
 - ii. Counter-clockwise, for back foot swing
 - f. Start looking for balls breaking to the line
 - i. Two handed backhand off front foot, inside
 - ii. Two handed forehand off back foot, outside
 - g. People on base (or pitcher trained), balls breaking away from the line
 - i. Two handed backhand off front foot, outside
 - ii. Two handed forehand off back foot, inside