

Footwork is the same for hitting and throwing

The purpose of this document is to teach strategy for hitting, by relating it to throwing around the horn.

Footwork is the same for both hitting and throwing, including pitching (both underhand and overhand).

This document builds off yesterday's document "Same Footwork, Hitting and Throwing", with some strategy added. You do not want to hit every strike. You only want to swing at pitches you can hit hard, pitches you have set yourself up to hit hard, with a short swing, and against the spin, on the side of the ball, so the ball jumps off the bat. You want to know how to hit all the strikes hard, but when you are hitting you do not worry about strikes, just continue the swing as long as you can hit it hard.

Footwork decided before the pitch

Hitting or throwing, we decide which footwork to use before the pitch. Like throwing around the horn clockwise, you know you will be throwing balanced on the front foot and powered by the back hip. Or like throwing counter clockwise you will be balanced on the back foot and powered by the front hip. Until we get two strikes, it is the same with hitting, but it really helps to first decide which strikes you want to give the pitcher, so you simplify the decision process, and even set the pitcher up for later. There are two choices, and the footwork is opposite.

Imaginary line down the center of the plate

We use an imaginary line down the center of the plate to decide which footwork to use before the pitch.

With one choice we are going to set up to hit pitches moving toward that line and with the other choice we set up to hit pitches moving away from that line. To hit against the spin with a short stroke, with one you hit the outside pitch off the back foot and with the other you hit the outside pitch off the front foot, and vice versa. For example: you want to hit a pitch on the outside corner moving away off the front foot and you want to hit the outside pitch on the outside corner moving in off the back foot, and vice versa for inside pitches.

Your hitting field gets larger with two strikes

With two strikes you still do not worry about strikes, still look for something you can hit hard, but you can use twisting to help. By the way, twisting is also used to adjust to a change-up. With twisting your hit it hard field gets larger because twisting you can aim the hit down the line or foul, which both help you. Here is how it works. You set up to hit the ball on the outside of the ball, like hooking the ball out of the catcher's mitt off the back foot. If the ball can't be hit hard that way, you twist, like a catcher closing and throwing to third base with a right-handed batter in the way. You hold your front shoulder in, step towards the pitcher, and whip your arms with a twist towards third base. You can also twist like a catcher opening and throwing to first base. Both would be hit on the inside of the ball. Hard to strike out when hitting the ball with a short swing close to the body.

Strategy using Footwork Summary

Strategy using footwork summary. This document is for hitting. The next one is for pitching. Keep the front shoulder closed for everything so the hips provide all the power. The bat will twirl faster and the ball will spin faster, like the end of a bull-whip, if the hand arm and shoulder muscles are relaxed. Here we learned to set up footwork to hit the ball hard against the spin with a short powerful stroke, using the right footwork. When pitching and catching we pay attention to that same footwork to see if they do it right, or if we can find a footwork weakness in their swing.