

Show Print Out

Show: **The Five Most Common Hitting Mistakes**

Series: Baseball Skills Workshop

Young batters are often plagued by the same common mistakes. Fixing these mistakes can lead to greatly improved results.

Host:

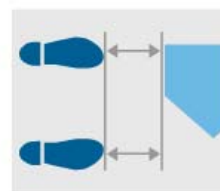
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Mistake #1: Stance Flaws

Proper feet, body and hand alignment and positioning are key to hitting the ball correctly. Areas of concern include:

- **Distance from the plate**
A good general rule is to remain one shoe length away from home plate which will give you good plate coverage.
- * **Alignment**
Keep feet straight and aligned to prevent delaying the bat in reaching the ball.
- * **Wide balanced base**
A good, solid, wide and balanced base to maximize power transfer.
- **Hand position**
Hands should be out in front of the shoulder with a closed grip.
- **Back elbow**
Elbow should not be too high but instead relaxed and out from the shoulder.



Mistake #2: Collapsing the Back Side

This inevitably causes pop-ups and weak ground balls.

Corrective Measure – The first motion has to be forward, straight to the ball.
A short, tight swing directly to the contact point.



Mistake #3: Contact Point on the Ball

Where you hit the ball makes a big difference as to where it goes.

Top:

Drives it into the ground

Middle:

Solid contact with the middle - line drive



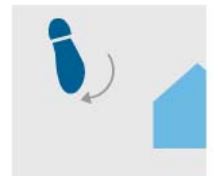
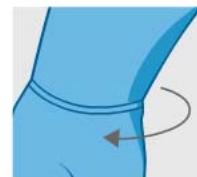
Bottom:

Coming underneath will cause a pop-up

Mistake #4: Not Using the Entire Body on the Swing

It takes the whole body for a successful hit.

- **Rotation of Back Foot**
Back foot needs to be rotated and turned over during the swing.
- **Hip Rotation**
Hips should be rotated toward the pitcher at the completion of the swing.
- **Hands & Shoulder Rotation**
Hands and shoulders need to rotate all the way through and finish high above the opposite shoulder.
- **Head Position**
Eyes should remain focused on the contact point of bat on ball.



Mistake #5: Poor Mental Approach

If you are not thinking that you are going to be successful, you won't be. Make sure you are prepared to hit and hit well before you step up, while at the plate, and even after the plate appearance.