

HITTING



1. Explain Safety to the child. Whenever they have a bat in their hand, please put by your side.
 - a. **Parent Safety:** When you put the ball on the tee, hold the bat with one hand and set the ball on the tee with the other so child does not swing while your hand is still there.
2. Toes face the plate/tee. Hands together to hold bat.
 - a. Right handed hitters will have will have their left hand as the bottom hand and be on the left side of the plate if facing the field.
 - b. Left handed hitters will have will have their right hand as the bottom hand and be on the right side of the plate if facing the field.
3. Bat starts at back shoulder. (I call it **Mike**)
4. Swing the bat at a level swing to **Clear the Table Top**.
 - a. If you swing up or down it will break the table top.
5. Eyes on the ball and hit the middle of the ball. Watch the bat hit the ball.
 - a. Can put a big dot on the ball for a target if you needed or wanted.
6. Bat finishes the swing at the front shoulder. (I call it **Ike**) / So bat goes **Mike to Ike**
7. Keep back foot down and twist the back foot as hips swivel when they hit so the **Squish the Bug**.

Notes:

- Children can hit into a fence, net, etc so they don't have to chase the balls.
- Don't worry if they don't hit the ball right away. Takes practice.
- Does not have to be a baseball/tee-ball. Use any ball of any size or anything you have at the house. A bigger ball to start will work because it will be easier to hit
 - Nerf ball
 - Softball
 - Whiffle Ball
 - Make a ball out of masking tape / duct tape / rubber bands / yarn / etc.
- Can use any type of bat or stick. Does not need to be a baseball/softball bat. It's to practice the swing technique, not how far you can hit the ball
 - Whiffle Bat
 - Pool noodle
 - Wrapping paper tube
 - Light Saber