

The Stance

Stance

As with anything in sports, success begins with the correct stance. When dealing with hitting, the previous statement is especially true. The first question that probably pops into anyone's mind is why are there so many different stances in baseball. The answer to this question is quite simple. If we were to look at all the different stances in baseball we would find that the majority of players end up in the same position as the ball in approaching the plate. This is the stance that will be described in this section. It is this stance that will give the player the greatest chance of having a successful at bat. Many times in this program the player will work from the ground up. The stance will also be explained in this manner.

Feet

- Feet should be parallel with the plate.
- Front foot should be in line with the first break of the plate.
- The player should take the bat in his bottom hand and touch the tip of the plate. This should be done without bending or reaching extensively. This will ensure that the player is the proper distance away from the plate while still being able to hit the outside pitch successfully.
- The player's feet should be slightly greater than shoulder width apart. A good check point for this is to have the player hold his arms by his side with his palms facing in and his fingers pointing down. In this position the inside of the feet should be just outside of the players hands.

Knees

- Knees should be slightly bent. The player should be in a good athletic stance.

Weight

- The player's weight should be distributed with a 60:40 ratio. This means that in the stance the player should have 60% of his weight on his back side and 40% of his weight on his front side.

Hands

- In order to obtain proper hand placement, the player should begin with the bat on his shoulder. The player should then take the bat up 2-3 inches and back 2-3 inches. In this position the player should have the bat at an angle of 45 degrees.

Elbows

- The player's back elbow should be relaxed in the stance. It should not be up and it should not be down. In a relaxed position the back elbow should end up at about a 45 degree angle.
- The player's front elbow should also be relaxed. However, the front elbow must be tight to the body. It should not make the player uncomfortable, but it must be close. It should also have about a 90 degree angle in it.

Head and Eyes

- The head and eyes of the player must be turned to see the ball. This sounds like a simple thing to do, however, many times players put themselves at a disadvantage by limiting their view. The player should be certain that his head and eyes are level. He must also be sure that his head is turned enough to see the ball with both eyes.

Side View



Front View

