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| **WYB Player Training Guide** |
| LESSON: **Spartan Hitting Progression**PURPOSE: Learn Hitting Fundamentals consistent with WYB hitting progression |
| Step 1: Plate CoverageStraight arm + Bat to end of plateStep 2: GripKnuckles aligned, Index Finger Test, Fingers not PalmsStep 3: Stance Square feet to pitcherHead Square and Eyes LevelChin over toes (knee flex, balls of feet) Hands at top of strike zone (up, back, in)Feet as wide as the bat (first use outside shoulders)Bat at 45 degrees (knob points to opposite batter’s box)Step 4: StrideTO HIT not AND HITLand ball of inside of footFoot down and hands get back over back foot (trigger)Weight is still back on stride (should be able to pick stride foot up and re-stride)Straight to pitcher to be in a square hitting positionStep 5: Pivot"Show cleats to the catcher" "High heel" is our terminologyStep 6: Swing Barrel head to ballLead barrel head to ball with knob Palm up – Palm downStep 7: Follow Through Support two hand finish Balance --not falling overCheckpoints – head, eyes, back knee, back heel, belly button to pitcher |