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| **WYB Player Training Guide** |
| LESSON: **Spartan Hitting Progression**  PURPOSE: Learn Hitting Fundamentals consistent with WYB hitting progression |
| Step 1: Plate Coverage  Straight arm + Bat to end of plate  Step 2: Grip  Knuckles aligned, Index Finger Test, Fingers not Palms  Step 3: Stance Square feet to pitcher  Head Square and Eyes Level  Chin 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: Stride  TO HIT not AND HIT  Land ball of inside of foot  Foot 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 position  Step 5: Pivot  "Show cleats to the catcher" "High heel" is our terminology  Step 6: Swing Barrel head to ball  Lead barrel head to ball with knob Palm up – Palm down  Step 7: Follow Through Support two hand finish Balance --not falling over  Checkpoints – head, eyes, back knee, back heel, belly button to pitcher |