

DETROIT
ROOTS



ROUTINES – OFFENSE

Establishing a batting stance and creating a pre-pitch routine are two of the most important aspect to your hitting preparation. Here are some tips on how to make it tailored to your hitting abilities:



Miguel Cabrera

- The best batting stance starts with setting your feet. Start by aligning your feet with your shoulders, as if there is a straight line running between them. Now take your front foot and place it five-to-seven inches toward the pitcher. Balance is key, so a batting stance should be neither too wide nor too narrow. It is important for your weight to be on your back foot, with your front foot planted, so you can get your whole body behind your swing.
- It's also important to align yourself with the pitcher by pointing your toes and chest toward home plate and holding the bat parallel to the ground with your arms extended. The barrel (the thickest part of the bat) should cover the width of home plate, meaning your swing path goes through the strike zone. This will let you gauge how far from the plate you should stand. The whole idea of a correct batting stance is to make your swing smooth and effortless, which you can achieve by ensuring your arms are extended when swinging.
- Another key aspect is being sure to stay balanced in your batting stance. You can do this by bending your knees so you're not standing tall -- but you also don't want to be crouching. This will make all your movements in the batter's box more fluid. Some hitters find balance or feel comfortable tapping their front toe or wagging their bat but be careful not to move too much – your main focus is to watch the pitcher and track the ball.
- When gripping the bat, you want to align your fingers by holding one hand above the other, so they are touching. The joints in the middle of your fingers on your bottom hand should create a straight line with the knuckles on your top hand. The more you rotate your hands in either direction (resulting in your knuckles being misaligned), the less fluid your swing will be.
- Keep a full, level view of the pitcher by holding your head up straight and turning your chin so it's tilted down slightly toward your front shoulder. This one is basic logic: two eyes are better than one. With your head in this position, you can track the ball all the way from the pitcher's hand to the barrel of your bat.