

Hitting Outline 2023 (Stay Balanced) - Todd Dulin

I. Athletic Balance

- A. Linebacker stance/ goalie stance
- B. Check for balance
- C. Bat @ 45 degrees
- D. Check hands and fingers

II. Mental Balance - Starts with Routine

- A. On the bench
- B. In the hole
- C. On deck
- D. At the plate
 - 1. Yes hitting
 - 2. Quiet Brain

III. Mental Balance - Fluid Motion Factor

- A. Quiet the brain - quick twitch v. big muscles
- B. Visualization
- C. Positive self talk
- D. Inverse relationship and the no "shit" rule
- E. Less action - subtraction
- F. Have a flush or a reset
- G. Soft focus
- H. Breath and go

IV. Yes Hitting (stay balanced)

- A. Trigger (back calf)
- B. Hands back (45 degrees)
- C. Footlanding (soft front foot)

V. The Swing (stay balanced)

- A. Stay down the line
- B. Stay inside the ball
- C. Front leg stiffens (fulcrum pt.)
- D. Head and eyes on the ball (discipline)

VI. Contact - (stay balanced)

- A. Palm up/ palm down
- B. Back foot
- C. Belly button

VII. Finish - (stay balanced)

- A. Bring hands to pitcher
- B. Eyes and head stay disciplined
- C. Hands finish at back shoulder

VIII. Two strike approach - (mental adjustment)

IX. Bunt for hit - (momentum changer)