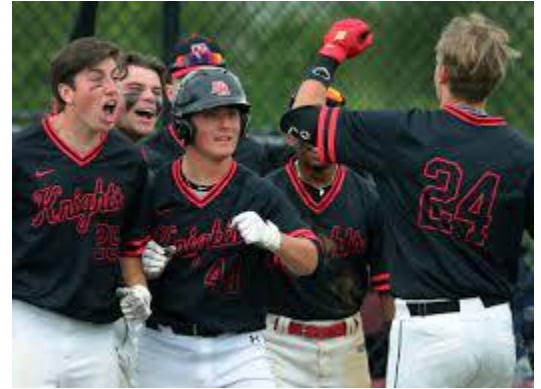


Balanced Hitting - Todd Dulin - North Andover High School



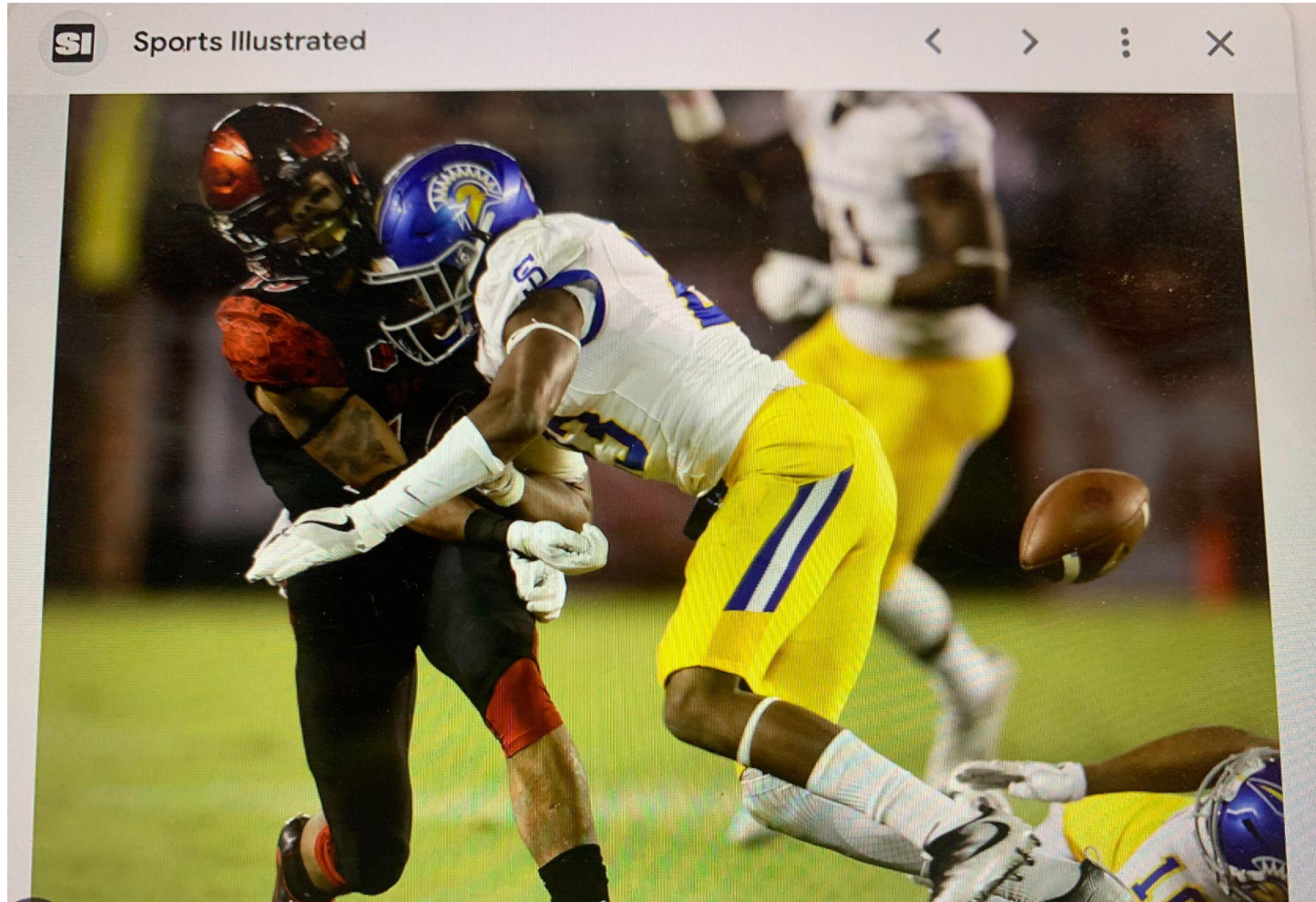
Balance

Be an athlete.



Balance

Be an athlete.



Balance

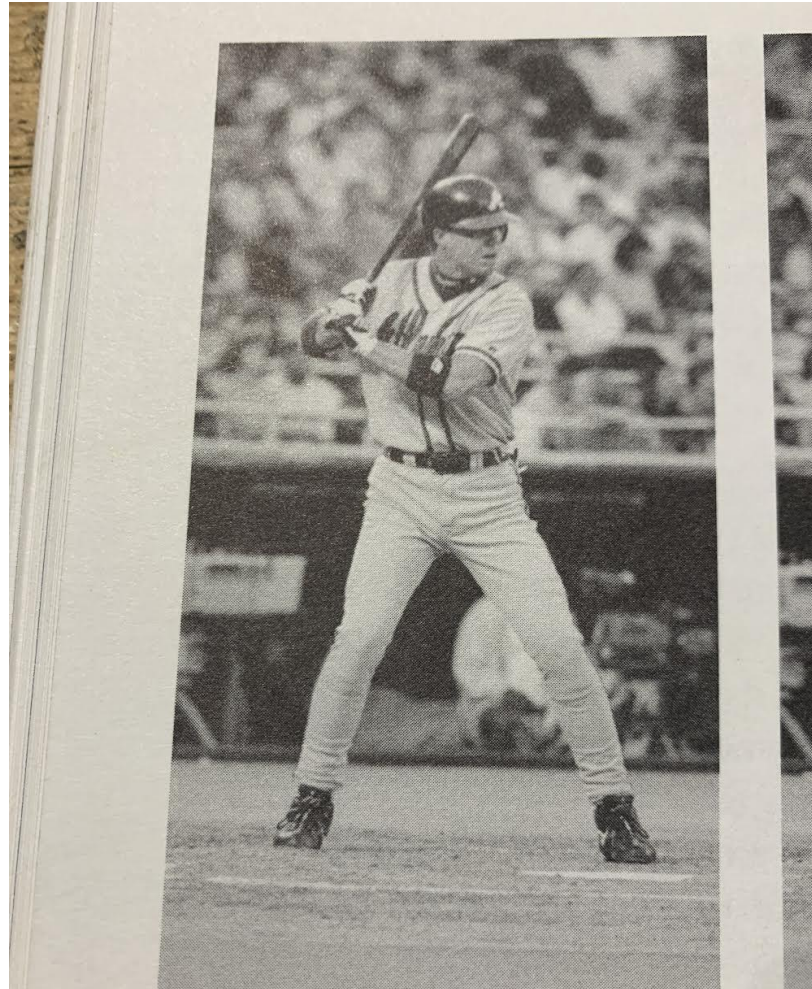
Be an athlete.



Stance

Soft Focus

Quiet Brain

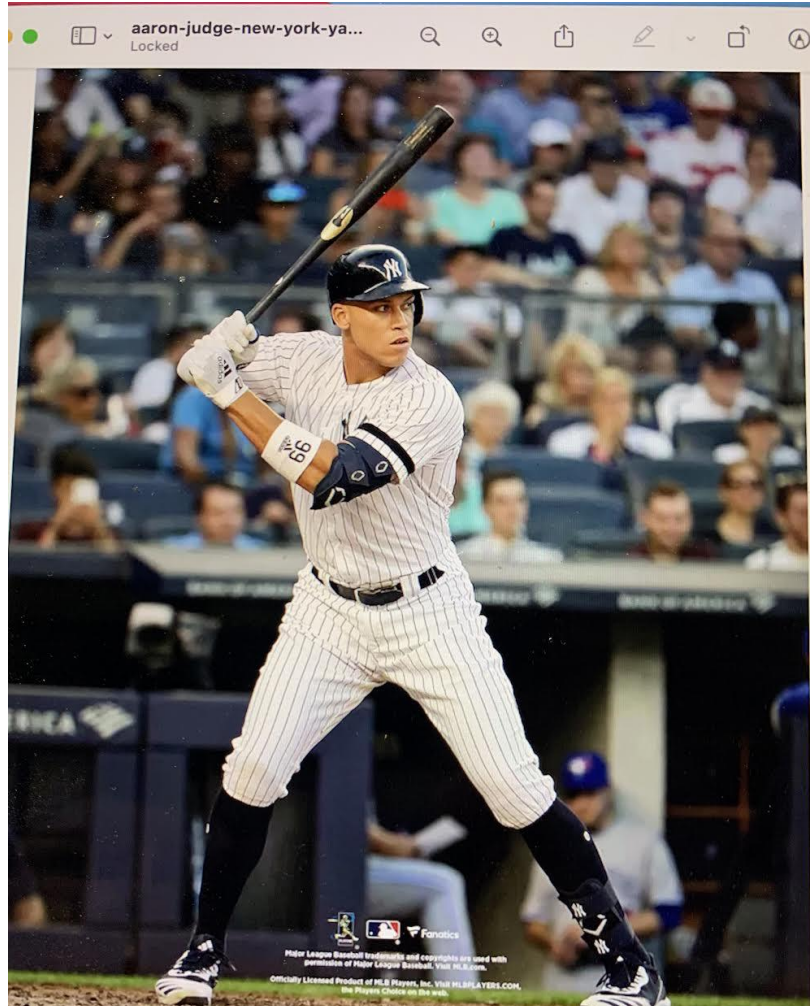


Athletic Balance

Soft focus

Into hard

focus.



Approach

Yes, yes, yes.

Yes Hitting.



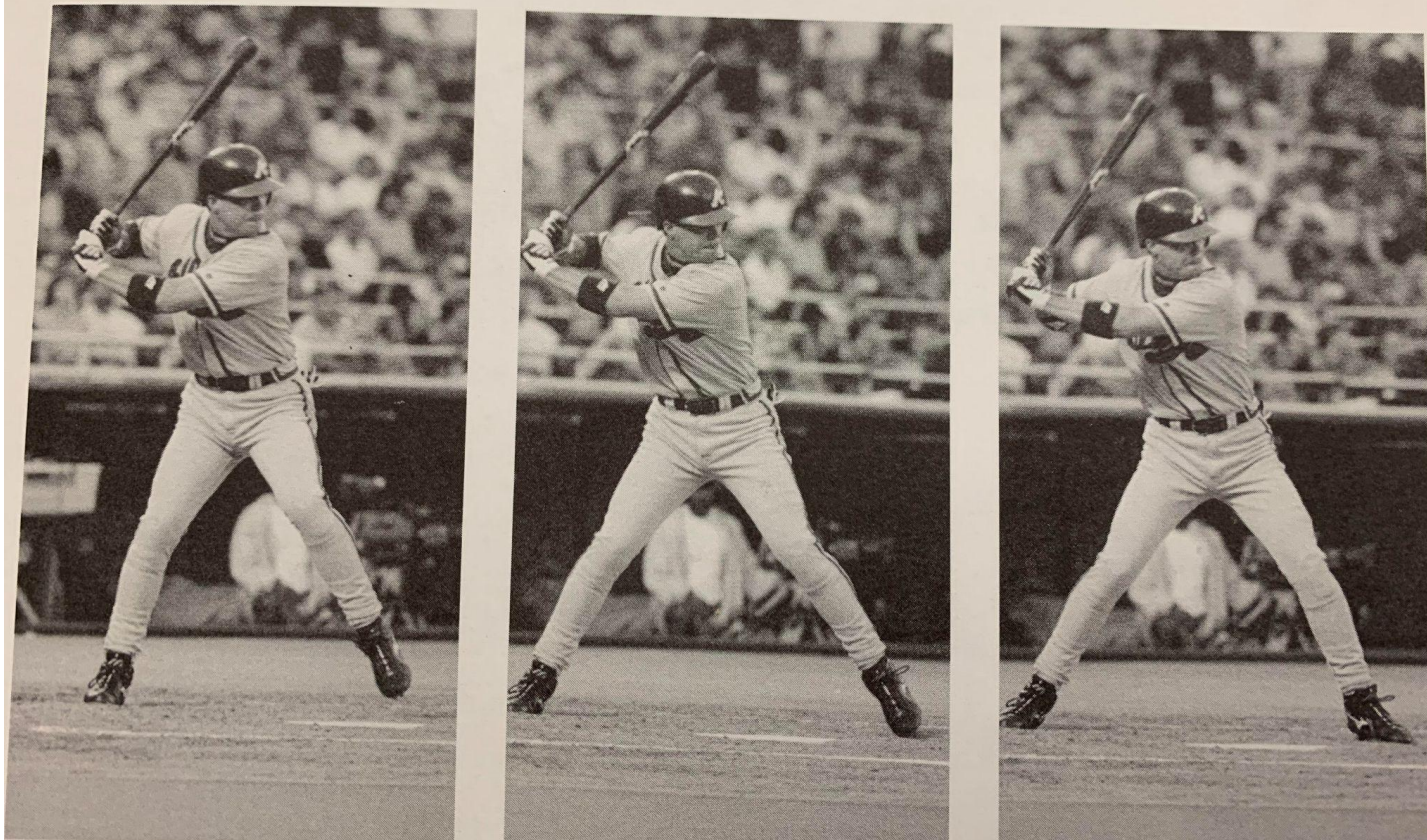
Load

Trigger.

Hands back.

Soft foot land.

Bat @ 45 degrees.

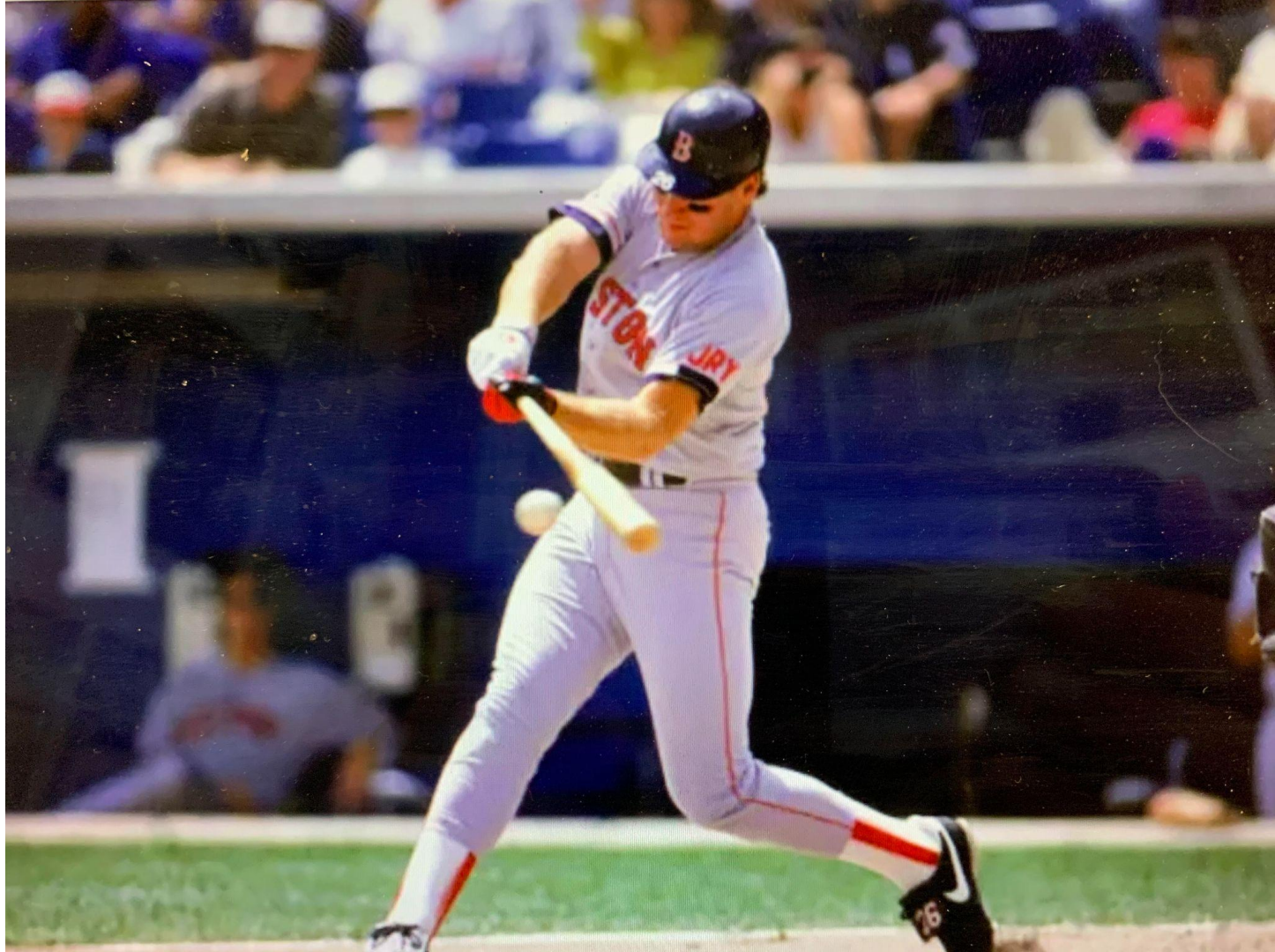


Fulcrum

Front leg stiffens

Pinstripe is
perpendicular on
the back leg...

Bring hands to
pitcher.



Palm up
Palm down

It is a punch...

Head discipline



Finish

Finish through
the ball...

Extend.

Stay disciplined
with head.

Stay balanced.



Follow Through

Shoulder to

Shoulder...

Stay

Balanced.

