

TECHNIQUE FOR LEFTY SLAPPERS:

Here are some quick keys for helping your lefty slappers become more consistent and effective:

- line up about middle of box with bellybutton near middle of plate
- as pitcher delivers the ball player either takes a cross-over step with the back foot, or else takes about a 6" drop-shuffle step with the front foot (player preference) but NO longer than 6 inches if using the front foot shuffle.
- Keep the front shoulder facing the pitcher to prevent opening up too soon and leaving the outside of plate open
- Use the same upper body swing mechanics used for a regular swing with the Running Slap with following options at contact:
 - Bunt
 - Stopping swing at impact for a "soft slap"
 - Swinging down sharply on the ball for a high bounce infield slap (called a "hard slap")
 - Swinging a normal powerful swing as with a regular hitter for a "power slap"
 - Following contact immediately peel and run to first (NOT before contact as many slappers do)