# 10 Basic Hitting Tips

1. **Hold the bat in your fingers.** 
   1. You have more strength and control in your fingers than in your palm. If the bat is in your fingers, then you will be able to snap the wrists – and wrists = bat speed!
2. **Stay loose at the plate.**
   1. Tense muscles are slow muscles. The key to bat speed and hitting the ball hard is quickness. Relaxed muscles fire quicker!
3. **Focus on line drives.**
   1. Statistics show you will get a base hit 84% of the time if you hit line drives, 42% of the time if you hit ground balls, and only 24% of the time if you hit fly balls.
4. **Hit based on the location of the ball.**
   1. Outside pitches to the opposite field. Middle pitches back up the middle. Inside pitches to the pull field.
5. **Focus on On-Base Average rather than Batting Average.**
   1. Getting on base helps the team win – it doesn’t matter how.
6. **When waiting for the pitch, go from *Soft* focus to *Hard* focus.**
   1. Before the pitcher starts, watch the pitcher in general = Soft focus. As she starts her motion, watch the release point (hip) = Hard focus
7. **Train your eyes**
   1. Do drills with smaller balls, balls with numbers on them, stand in when a pitcher practices her pitches and track the rotation.
8. **Be aggressive yet selective**.
   1. Assume every pitch is your pitch, if it’s not – stop your swing. It’s faster to start and stop than to try and start at the last minute.
9. **Hit behind the runners.**
   1. With runners on 2nd and/or 3rd, hit the ball to right side.
10. **Spend twice and much time working on hitting as you do on defense.**
    1. Hitting is a very difficult skill. You need reps to master it