

Hitting Clinic - Craig Nelson - February 18, 2024

925-628-2362 (txt or call with questions)

Grip:

Cradle in fingers
Line up knuckles
Hammer Action

Stance:

Reduce Movement
Consistent
Small Adjustments
Comfortable
Balanced
Plate Coverage - Front, Back, Inside and Outside

Swing:

Shoulders - level to lower
Don't dip back shoulder - especially going to opposite field
Small step to ball, best to go back at pitcher with step (some exceptions)
Whatever your step, be consistent
Hips through, rotate to ball - "squish the bug"
"Load" your hands before swing - advanced
Be short to the ball - knob to the ball.
Shoulder - Neutral to closed until hips come through - one motion -
don't open the shoulder early

Tee Work:

Practice good habits - have a goal
Inside / Middle / Outside
Simulate "letting the ball travel"
Different heights - low pitch / high pitch / etc.

Soft Toss:

Tee Net
Partner tosses short underhand balls
Move around to simulate pitcher

Batting Practice:

Take tee work to BP
Pick one thing or possibly 2 to work on (i.e. Grip)
Extend Zone - learn to what "bad" pitches you can hit
Go with pitch - identify and adjust - don't ask "for pitches outside"
Have targets - 5-6 hole, 3-4 hole, middle, etc.