

Trophy Sports Club – T-Ball/Softball Batting Basics

Here are some basic batting tips for t-ball & softball:

- Feet:
 - Stand roughly one foot away from home plate
 - Rear foot should be roughly even with rear tip of home plate
 - Front foot should be roughly even with center of home plate
 - Point both feet toward home plate
- Bat size: Pick bat that allows batter to easily cover the entire plate & is easy to swing
- Grip: Grip bat with both hands, w/ the throwing hand on top, & w/ no gaps between hands
- Choke up: If the bat is hard to swing, move hands up the bat a little or get a lighter bat
- Knees: Bend the knees a little
- Bat position: Hold bat a few inches in front of one's rear shoulder, and point bat up
- Rear elbow: Raise up the rear elbow so that it resembles an open chicken wing
- T-ball height: Adjust height of tee so that it's roughly belly button high
- Softball swing: Swing if pitch is below arm pits, above knees, and over home plate
- Eyes: Keep eyes on the ball, before and during the entire swing
- Step first: When ready to swing, take a small step with front foot & then swing
- Bat release: After hitting the ball, drop the bat gently by home plate
- Run: Run as fast as you can to first base!