

# Softball Batting Foundational Swing and Analysis

Kevin Ackerman  
Softball Batting Foundational Swing and Analysis  
2019 - 2022

## What this Document Is

This document is the result of working with my daughter who asked me to help her with hitting a softball into the outfield. She could consistently make contact with the ball but was having trouble hitting line drives to the outfield. After speaking with a few different softball coaches, I was given a few variations of how to hit the ball. I observed a pattern from the various coaches of some primary sections to look at. The primary sections that were observed were setting up in the box correctly, loading the body when the pitcher begins her windup, swinging the bat for maximum power and ending with full arm extension after contact with the ball. Since I am not a hitting coach, I wanted to create a foundation I could use with my daughter and allow a hitting coach to be able to fine tune hitting mechanics from here. I also wanted to be able to use this as a foundational troubleshooting tool if a batter were to enter a hitting slump. This document is not meant to replace a hitting coach. A hitting coach could fine tune each of these sections or quickly identify problems leading to a lack of power for batters who are able to consistently make contact.



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Set  
Load  
Stride  
Hips  
Hands  
Swing  
Contact  
Extension



# Softball Batting Foundational Swing and Analysis



## Set

- Feet separated approximately shoulder width apart.
- Weight is balanced.
- Knees inside feet, bent, ideally on balls of feet.
- Elbow at 90° , bat at 45°
- Hands at top of strike zone.

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## Load

Negative Movement – Begin Coil – Back leg pocket turns towards pitcher, belly button towards catcher.

Get weight shifted to back leg before swing, front foot has heel lift, weight on instep of back foot.

Once in toe touch position, body must be in throwing position..

Toe-Touch, Heel-Plant - Dominant elbow up, knob pointing to catcher, non dominant elbow equal to dominant knee

Bat tilted towards head, close to shoulder. Front shoulder lower than back shoulder.

Elbow and Shoulder See-Saw, or rock the baby.

[https://www.youtube.com/watch?v=J1mumNjhEpk&ab\\_channel=AntonelliBaseball](https://www.youtube.com/watch?v=J1mumNjhEpk&ab_channel=AntonelliBaseball)



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## Stride

Toe tap starts swing phase.

Uncoil begins

Hands remain up and back.

Shoulder tilt - <https://www.youtube.com/watch?v=DQzemOSaLvs>

Lower half creates equilateral triangle on foot landing, front foot landing at 45\* (Slightly open).

After striding and the front heel hits, the head shouldn't move up or forward. Should be still in the middle of the swing.

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## Hips

Shoulder and Hip Separation – Immediately after toe touch, hips begin to rotate, before hands, and explode.

Back foot heel is elevated, no squishing the bug.

Non-dominant arm and elbow continues to be at 90°

Non-dominant shoulder begins upward movement, elbow heads toward height of mouth.

Dominant shoulder works under, not to be confused with dipping shoulder.

Batter is timing the speed of the pitch.

Batter is determining inside, center, outside pitch.



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## Hands

Batter is timing the speed of the pitch.

Batter is determining inside, center, or outside pitch.

Hands work with coil back/stride forward

Hands will turn the barrel, not push, or pull, the bat.

Hands stay inside batter's box line, not over home plate.

Batter is determining to swing or not.

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## Swing

Barrel of bat below hands.

Non dominant leg is pushing weight back.

Eyes are locked on ball.

Chin remains in position.

Slight tilt in shoulders.

Dominant elbow touches body, swing follows and bat enters hitting zone.



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## Contact

Non dominant leg continues to push weight back.

Barrel of bat remains under hands.

Early or late contact will send ball to dominant or non dominant side of field.

Over or under the ball will send ball to ground or pop up.

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## Extension

Weight is maintained back by forward leg.

Back foot position has back heel up, coming up as hip rotation is happening, ending up on toes.

Back knee has bend and is low towards the ground.

Keep arms extended after contact for follow through.

Eyes remain focused on the ball the entire pitch.

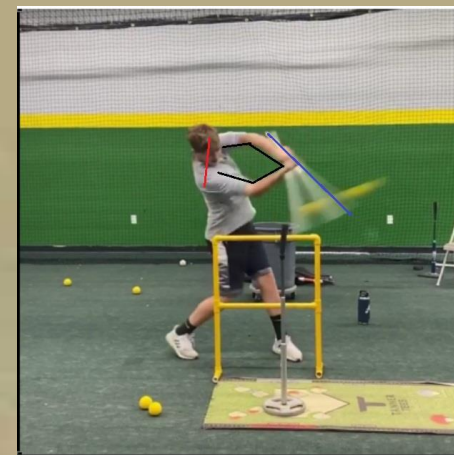
Chin remains behind knee.



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How to turn the barrel

<https://www.youtube.com/watch?v=g2B7z3aDIRQ&t=320s>





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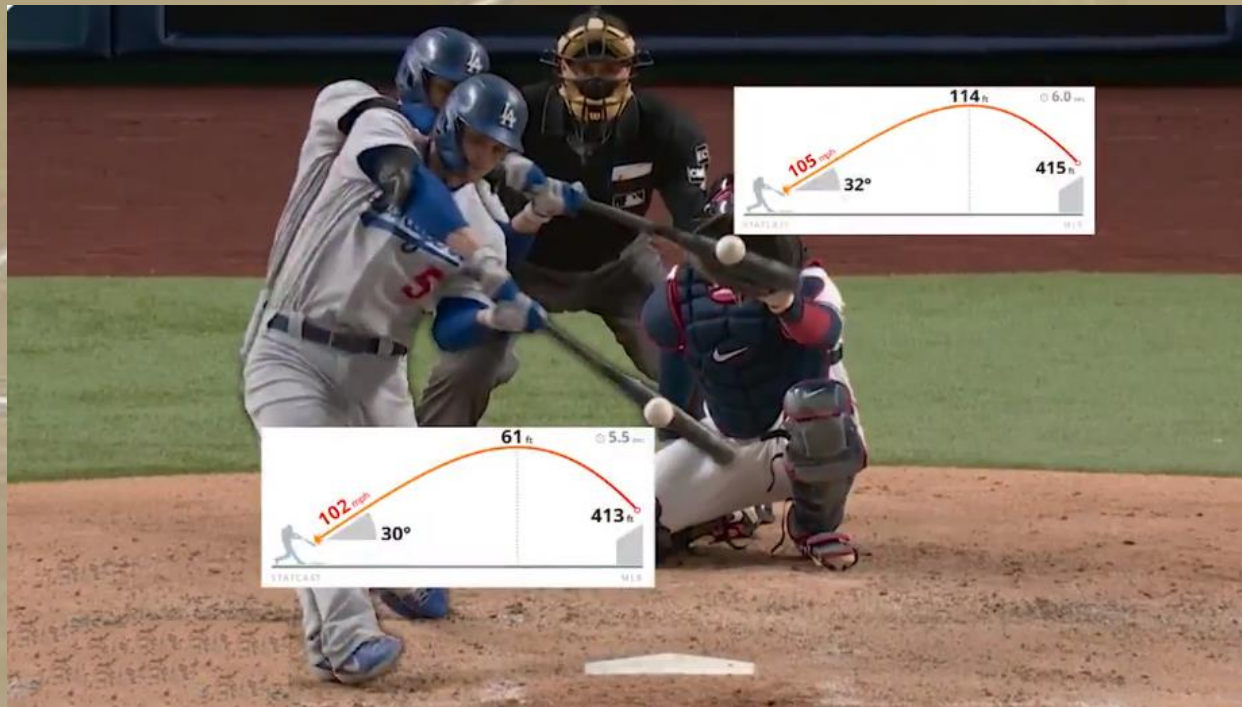
PVC Pipe, Wiffle Ball, Tee (Various Levels).  
Rotate, Don't push. Bottom/Top Separation.





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Different posture and bat path for different locations.  
<https://thehittingvault.com/optimal-hitting-posture/>



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Back in the Box - Swinging late on pitches; Faster Pitcher

Up in the Box - Swinging early on pitches; Slower Pitcher; Bunting

Towards the Plate - Batter likes inside pitches

Wider Stance - Balance issues; Falling forward or backward

Narrower Stance - Not hitting for power; Getting jammed

Open Stance - Trouble seeing the ball, hitting off-speed pitches, trying to place/pull the ball

Closed Stance - Trying to hit ball to opposite field; Increase rotational power; Toe-tap movement for outside pitch

No Stride - Trying to hit off-speed pitch

Half Stride - Batter wants more contact and less power than a full stride.

Full Stride - Medium between balance, power and contact

Toe Tap - Batter looking to increase power

Leg Lift - Shift weight to back leg, raise front knee, more power over Toe Tap



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Keeping the bat in the zone longer  
<https://www.youtube.com/watch?v=TS8sOVetJR0>

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## Rotational vs. Linear Hitting

The high-level swing is BOTH Linear and Rotational.

Coil (Rotational) vs. Stride and Weight Transfer or Weight Shift (Linear).

Hips and Core vs. Arms, Hands, Wrists for Primary Power source.

The Hips Open vs. Closed.

Curved Hand Path (Rotational) vs. Straight Hand Path (Linear).



# Softball Batting Foundational Swing and Analysis

An aerial photograph of a softball field. The infield is a light brown dirt area with white chalk lines for the bases and a circular pitcher's circle. The outfield is green grass. A yellow foul line runs from the home plate area towards the outfield. In the background, there are trees and a utility pole.

## Resources

Mike Trout – California Angels

Braxton Burnside – Arkansas Razorbacks

Antonelli Baseball - <https://www.youtube.com/channel/UCgf9-zJ1kk7KYOu1y3Ywlfw>

George “Machine Man” Silliman