

BATTING. GAA ROUNDERS.

Batting :

The Grip.:

- One hand sitting on top of each other, it is essential to join your hands on the bat.
- For left handed players – put left hand on top
- For right handed players – put right hand on top
- Grip the bat firmly – feel the bat in your fingers rather than the palm of the hands.



Bat Position :

- Keep the bat away from your body.
- Hands chest high, in front of your rear shoulder / don't rest the bat on the shoulder.
- Front elbow level with your hands holding the bat.
- The batter must stay in the batter's box until the ball is in play.



The Stance :

- Stand close enough to the mat to hit good balls



- Fast pitch – stand to the back of the mat



- Slow pitch – stand to the front of the mat.

- The position of feet – same span as shoulder width.
- Weight equally on both feet, back foot in line with front foot.

Stand, Stride :

- Stand with your back and knees bent slightly.
- Push off the back foot hitting against a straight front leg.



Swing :

- When pitcher starts to throw, swing the bat, turn your hips not your feet, your stomach should be pointing right at the pitcher as you hit the ball.
- Keep your shoulders level.
- Keep your head steady, don't turn.

Keep your front arm away from your body, the bat back and still.



Both feet should be firmly on the ground when you hit the ball.

SKILLS PRACTICE FOR BATTING

- Batting Tee – The use of a Batting tee is an excellent way of practicing your batting.
- Practice directing the ball in different directions.
- Practice to stand correctly, use proper grip and swinging the bat correctly.