

Hitting Assessment



Directions - take a video of yourself hitting off a tee or live hitting. Review the following on the video:

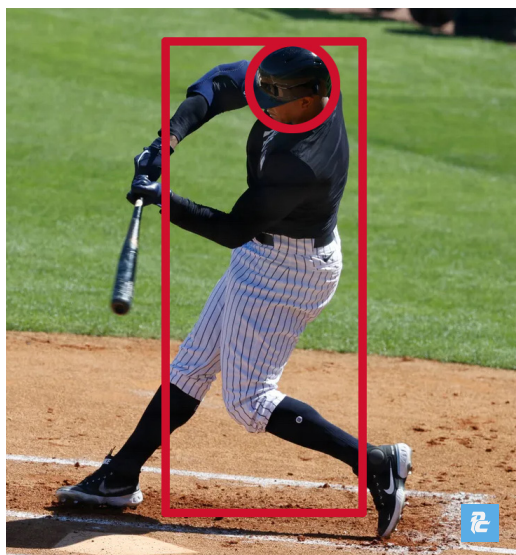
Athletic Load

Is/are my....	Yes	Maybe	No
Knees are flexed			
Back knee inside back foot			
Knob pointing to catcher's glove			



Balance

When my stride foot lands, do I...	Yes	Maybe	No
Stay in the power box/centered shift			
Lock in my head and eyes			



On Plane

Is my barrel.....	Yes	Maybe	No
Flat and just above flight of ball when shoulder/hip/knee have turned			
On plane with pitch extending through the hitting zone			



Find hitting training solutions at prochoptraining.com