

Here are some hitting tips from "The Secrets to Ultimate Bat Speed" and a few other places.

1. Maintain a loose grip on the bat. This will help you can gain bat speed and ball speed. If you have tension in your hands, it's going to cost you bat speed.
2. Drop your pinky finger off the knob to get more leverage because leverage = speed.
3. Choose pitches in your "power zone". Each of us has his own zone where he can hit with the most power. Try to be patient & really work on pitch selection.
4. In slo-pitch softball, you must have a complete range of motion when you are hitting. You should have that bat back as far as you can get it because you want to get as much momentum going as you can. When that front foot comes down, that's your signal to go. This gives you as long a swing as possible. Don't give up the swing once you make contact - that's when you have to power it.
5. "Ikey-Mikey" - start your swing with your chin on your front shoulder (Ikey), and end with your chin on your back shoulder (Mikey). This will keep your head down on the ball and prevent you from opening up too soon & losing power.
6. Make sure you are shifting your weight from your back foot to your front foot as you're powering through the ball. If you keep your weight on your back foot, you just won't generate that much power.
7. PUSH with your back hand while PULLING with your front hand - the PUSH will give you a significant increase in power & improve your follow-through.
8. Keep your hands out in front of the bat - basically throw your hands at the ball so that the last thing that comes through the strike zone is the bat head.
9. Make contact slightly in front of where you're standing because this will be where you're generating your max bat speed. Too far in front, though, and the bat will be decelerating when you hit the ball. Too soon in your swing, & you won't be generating enough speed & won't have enough leverage.
10. When making contact with the ball, do not lose site of it. Keep your eyes on the ball!
11. Hit the bottom half of the ball - this causes back spin which will carry the ball farther.

12. Accelerate the bat through the ball. You lose bat speed when the bat makes contact with the ball. The key is to accelerate as you are hitting the ball explode the bat through it!!
13. Release your top hand off the bat - this will help give you more extension which means more power. If you don't already do this, it will probably feel uncomfortable at first, but work with it & you should see an increase in power.

