

High Level Swing Build

FUNDAMENTAL	PRIORITY	STATUS	START DATE	TARGET DATE	% COMPLETE	NOTES
Hitting Position						
First Steps						
Choosing a Bat						
See the Ball						
Hand and Eye Coordination						
Position in the Box						
Know the Strike Zone and Check						
Swing Rules						
Ball and Strike Discipline						
Aggressive Check Swing						
Swing Hard						
Grip and Stance						
Grip						
Weight Distribution						
Width of Feet						
Foot Alignment						
Knees Inside Feet						
Posture						
Arms and Hands						
Bat Angle						
Head and Eyes						
Relax						
Gather						
Rear Weight Shift						
Rear Leg Flexion						

To-Do List

FUNDAMENTAL	PRIORITY	STATUS	START DATE	TARGET DATE	% COMPLETE	NOTES
Inward Turn						
Bottom Hand to Top of Zone						
Front Should Slope						
Stride, Separate, and Approach						
Adjust Stride and Approach						
Stride Even						
Heel Up on Toe Touch						
Flexed Front Leg						
Front Foot Angle at Toe Touch						
Front Side In						
Consistent Stride						
Head Centered During Approach						
Head Movement						
Spine Angle						
Separate ("Load") Hands						
Angle of Bat at Launch						
Height of Hands at Launch						
Elbow Angle at Launch						
Turn and Torque						
Legs						
Front Heel Drive						
Front Foot Angle at Contact						
Rear Knee Drive						
Rear Knee Hinge						
Firm Front Side						
Balance						
Core						

To-Do List

FUNDAMENTAL	PRIORITY	STATUS	START DATE	TARGET DATE	% COMPLETE	NOTES
Core Rotation						
Spine Angle						
Axis of Rotation						
Hip and Shoulder Separation						
Shoulders and Head						
Shoulder Tilt						
Shoulder Rotation						
Lead Shoulder Opening Strategies						
Rear Shoulder Row						
Rotate Around a Centered and Steady Head						
Arms and Hands						
Pre-Launch Torque (PLT)						
Top Hand Torque (THT)						
Flat Bat Hitting						
Rear Elbow Slot						
Bat Lag						
Lead Arm						
Hands Connected						
Barrel Inside Pitch/Hands Tight						
Palm Up, Palm Down						
Wrist Snap						
Bottom Hand Torque (BHT)						
Extension/Power V						
Early Bat Speed						
Follow-Through						
Follow-Through						
One Hand Release						

To-Do List

FUNDAMENTAL	PRIORITY	STATUS	START DATE	TARGET DATE	% COMPLETE	NOTES
Batting Average						
Timing						
Tempo						
Timing of Gather						
Timing of Stride and Separate						
Timing of Toe Touch						
Timing of Front Heel Drive						
Batting Average Basics						
See the Ball						
Set Up for Plate Coverage						
Front to Rear Setup						
Strike Zone Discipline						
Barrel Inside Pitch/Hands Tight						
Hit Gap to Gap						
Stride Even						
Spine Angle/Posture/Athletic Position						
Lead Arm						
Swing in Plane of Pitch						
Optimizing Angles						
Follow-Through						
Locations						
Middle Pitch						
Outside Pitch with Linear Extension						
Outside Pitch with Circular Hand Path						
Inside Pitch						
Low Pitch						
High Pitch						

To-Do List

FUNDAMENTAL	PRIORITY	STATUS	START DATE	TARGET DATE	% COMPLETE	NOTES
Strike Zone Discipline						
Off Speed and Movement						
Pitch Recognition						
Off Speed						
Downward Movement						
Lateral Movement						
Upward Movement						
Mental, Strategic, and Situational						
Mental Approach						
"Look" for Pitch						
Strategic (Plate) Approach						
Situational Hitting						
Routines						