

Batting Tip #9 - Cal on the Stance

If you watch 100 big league ballplayers hit, you will see maybe 100 different stances. When a pitcher is throwing a baseball to you at speeds approaching 100 mph and trying to trick you by making the ball move in all different directions, it is important for the batter to be comfortable at the plate. Beyond that, the following elements are key to a fundamentally sound stance:

1. **Vision** -- The batter must be able to see the ball with both eyes.
2. **Balance** -- The batter must be balanced, with the weight on the balls of the feet and be able to maintain balance throughout the swing.
3. **Plate coverage** -- The batter must be able to get the head of bat to the baseball no matter what part of the plate the pitch is thrown to. A good test for this is to start your swing and then stop and drop the bat at a perceived contact point. The bat should cover the entire plate at this point.

By Cal Ripken Jr.