

# Batting Stance Absolutes

When players go into a slump, the first thing they often check is their batting stance. I'm here to tell you that's not always the best place to start.

This document takes a quick look at the four absolutes of batting stances. I will point out one of them in each of the pictures below, but you will notice that each of the four pictures has all of the characteristics in common.

Head/eyes level and straight at the pitcher



Weight approximately 60/40 back to front



Rear knee inside rear foot & weight to the inside of the foot



Hands are in a position to get into hitting position (next week's tip). This means different things to different people. Some (see Julio above) are able to get their hands to hitting position from strange positions. Most players keep them close to the back shoulder.

