

Working The Plate “The Slot”



THE SLOT (FRONT VIEW)

Proper head position is controlled by

1. Width of stance
2. Amount of squat
3. Forward body tilt

Proper use of protective equipment facing front

Proper head height

Wrist relaxed and forearm wrapped

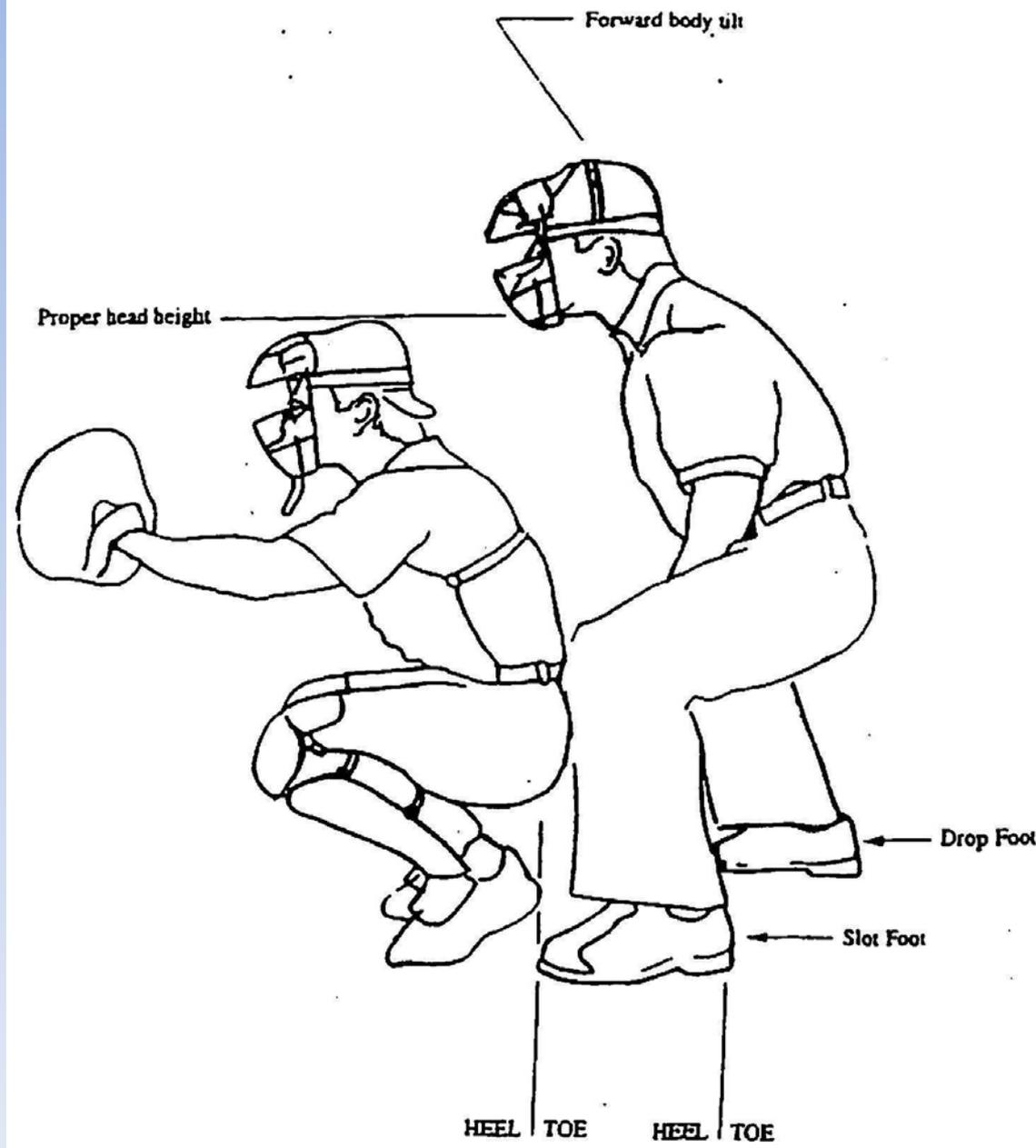
Nice wide stance
shoulder width or greater

The Slot (Front View)

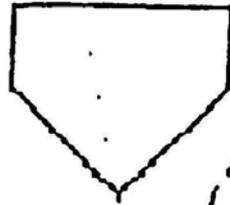
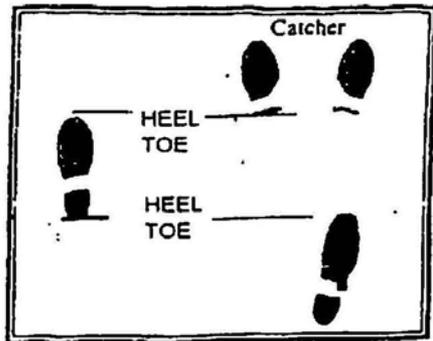


The Slot (Side View)

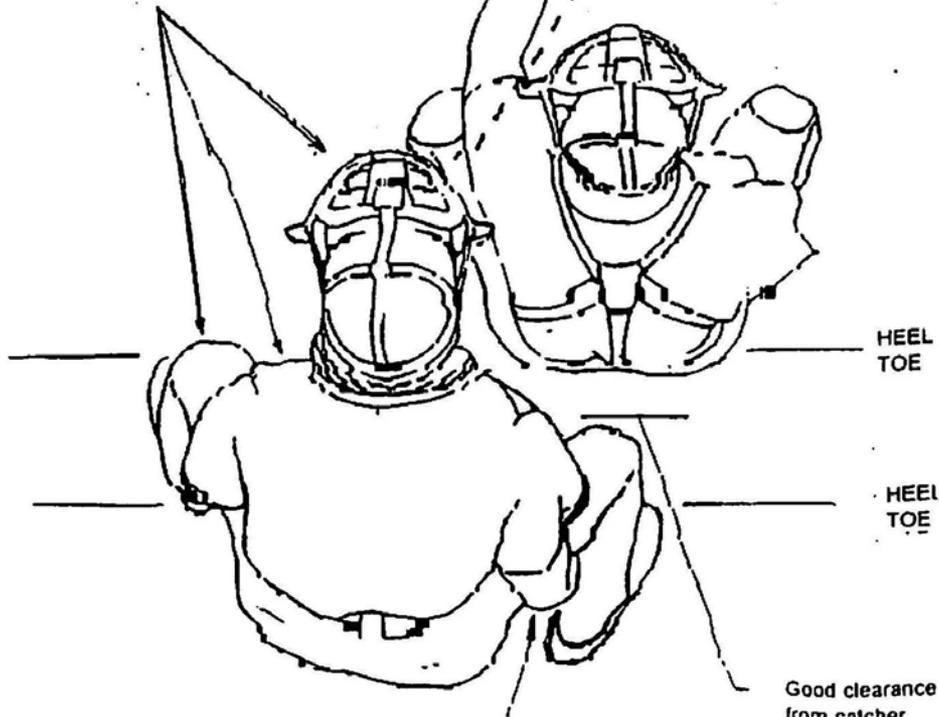
THE SLOT (SIDE VIEW)



THE SLOT (TOP VIEW)



Proper use of protective equipment facing forward



Protected hand on upper thigh

The Slot (Top View)

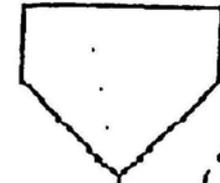
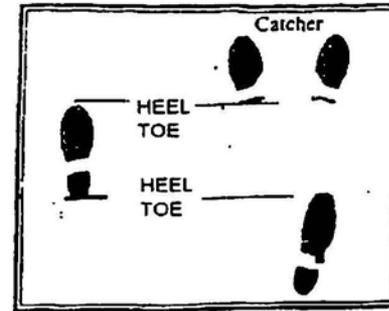


Plate Stance

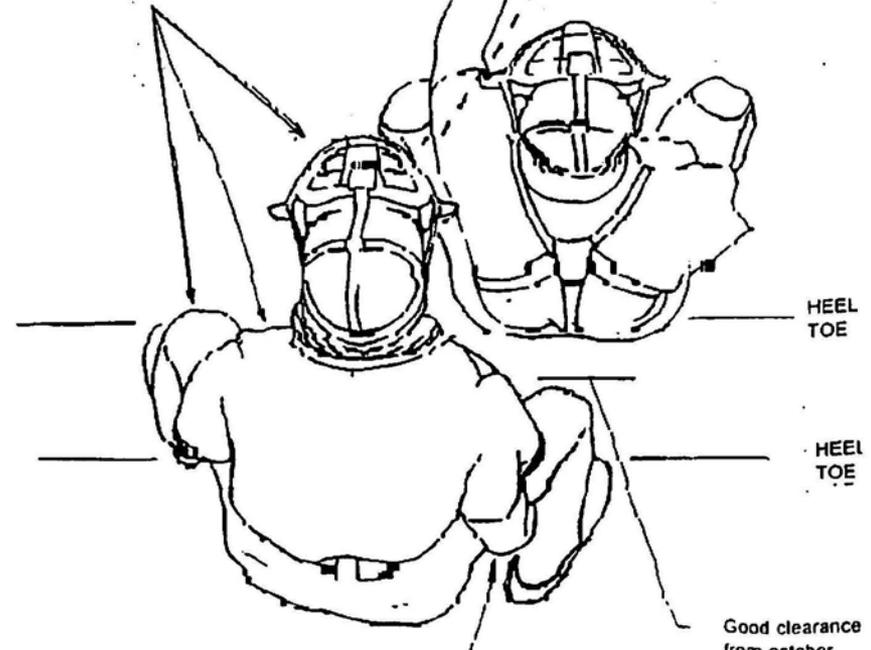
Feet -

- Heel-to-toe positioning

THE SLOT (TOP VIEW)



Proper use of protective equipment facing forward



Protected hand on upper thigh

Plate Stance

Feet -

- Heel-to-toe positioning
- Spread your feet shoulder width or greater

THE SLOT (TOP VIEW)

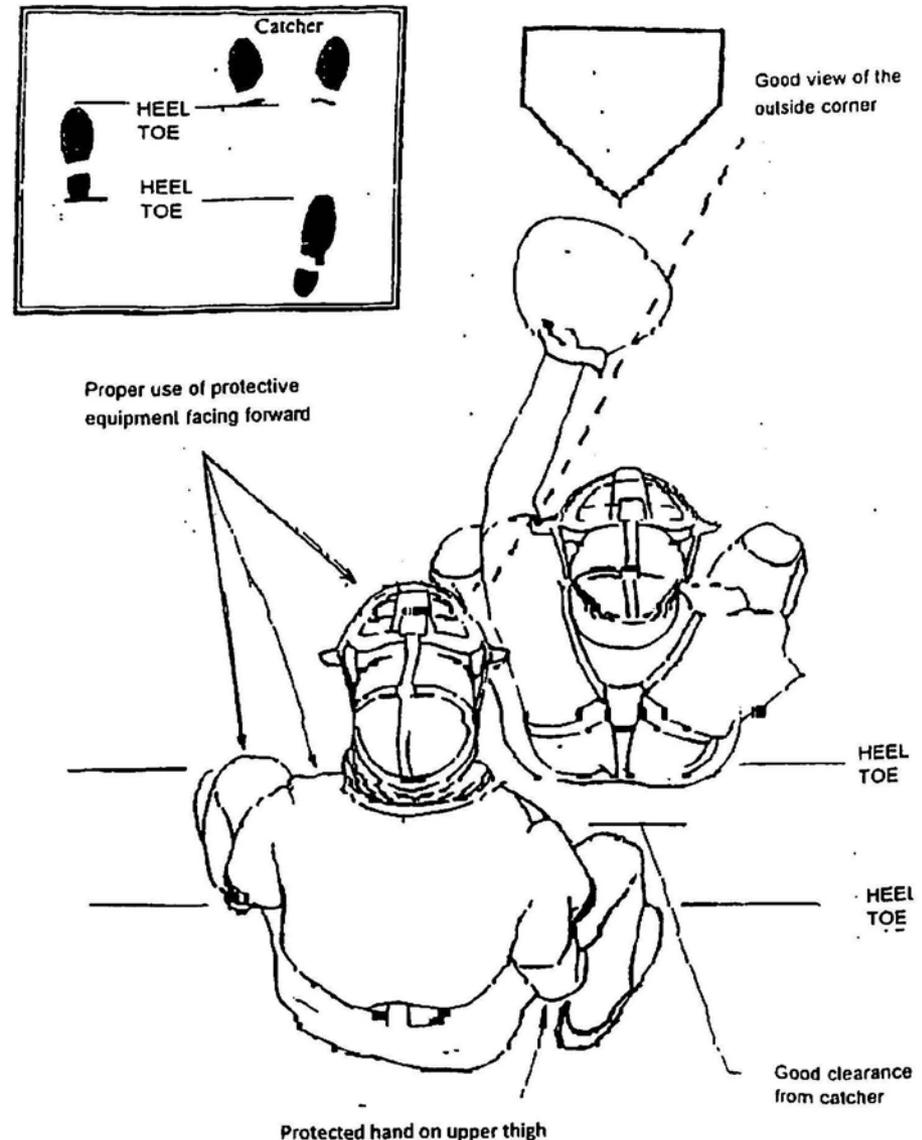


Plate Stance

Feet -

- *Righty batter* - right foot 6-12 inches behind catcher, left foot heel-to-toe in front

THE SLOT (TOP VIEW)

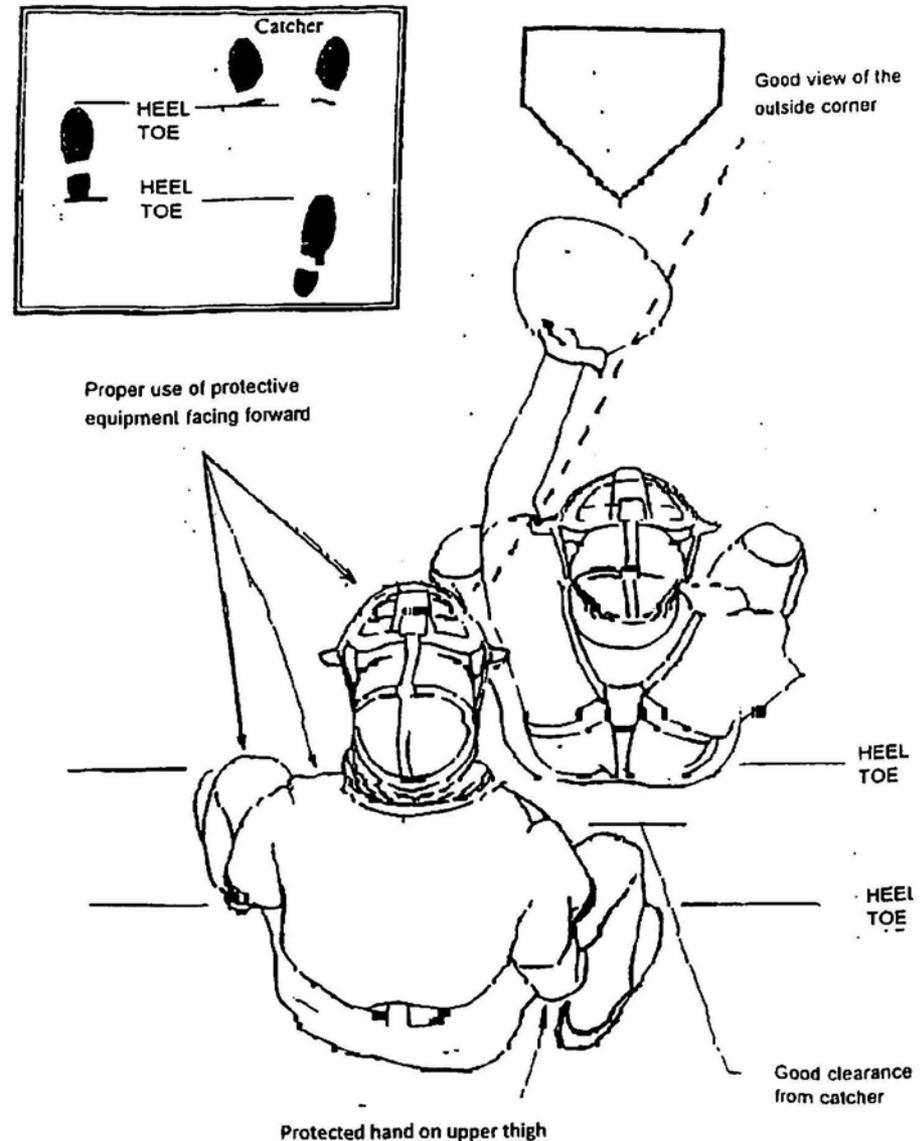


Plate Stance

Feet -

- *Lefty Batter* - left foot 6-12 inches behind catcher, right foot heel-to-toe in front

THE SLOT (TOP VIEW)

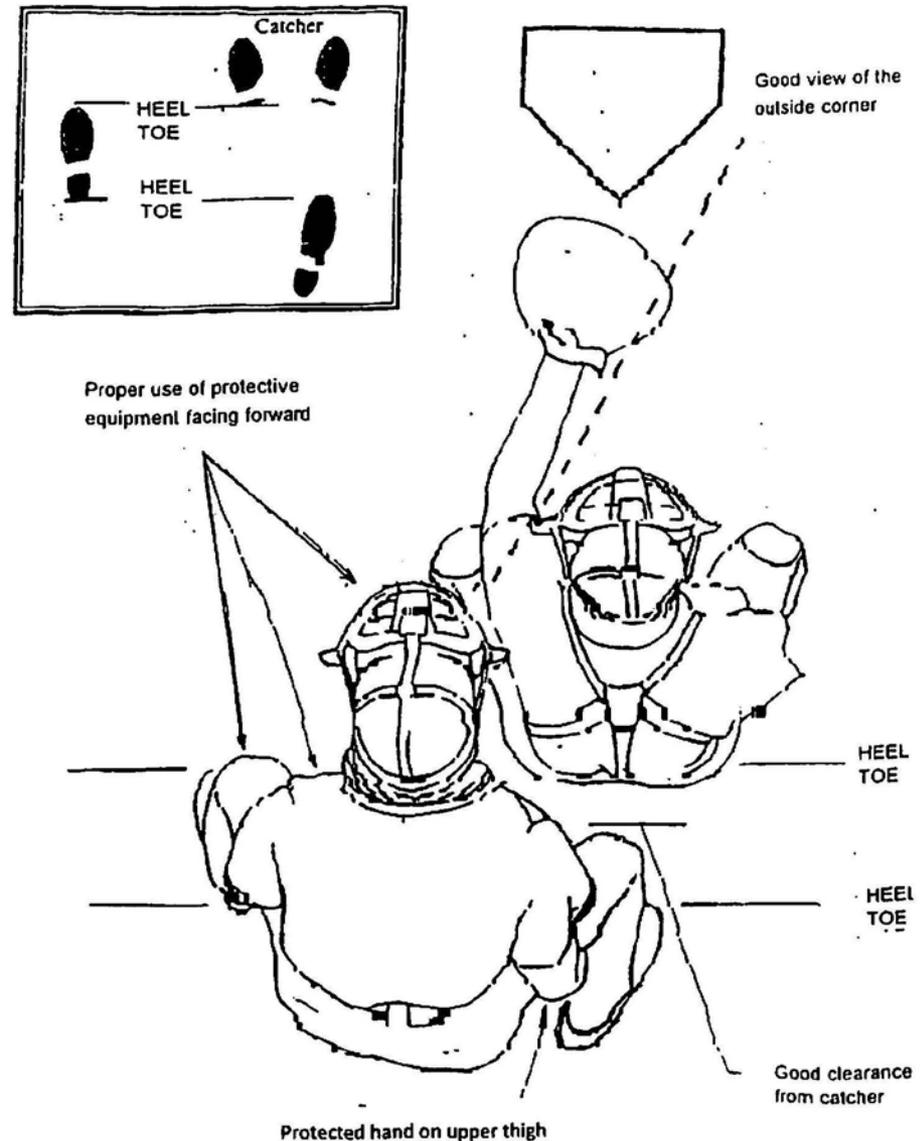


Plate Stance

Your head is now in “the slot” –

The slot is the area between the catcher and batter

THE SLOT (TOP VIEW)

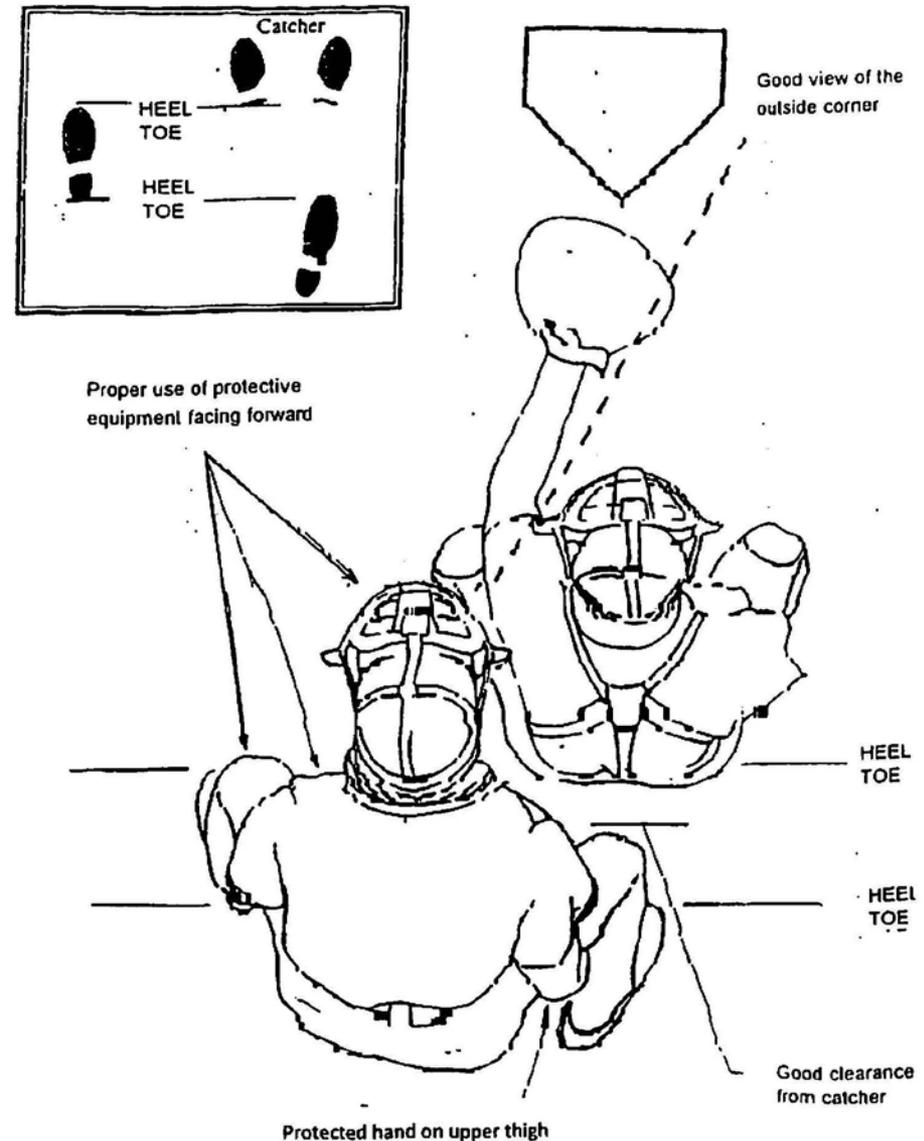


Plate Stance

Head -

- Chin no lower than the top of catcher's head

