

Plate Stance

Head -

- Head should stay perfectly still so your eyes can “track” the ball

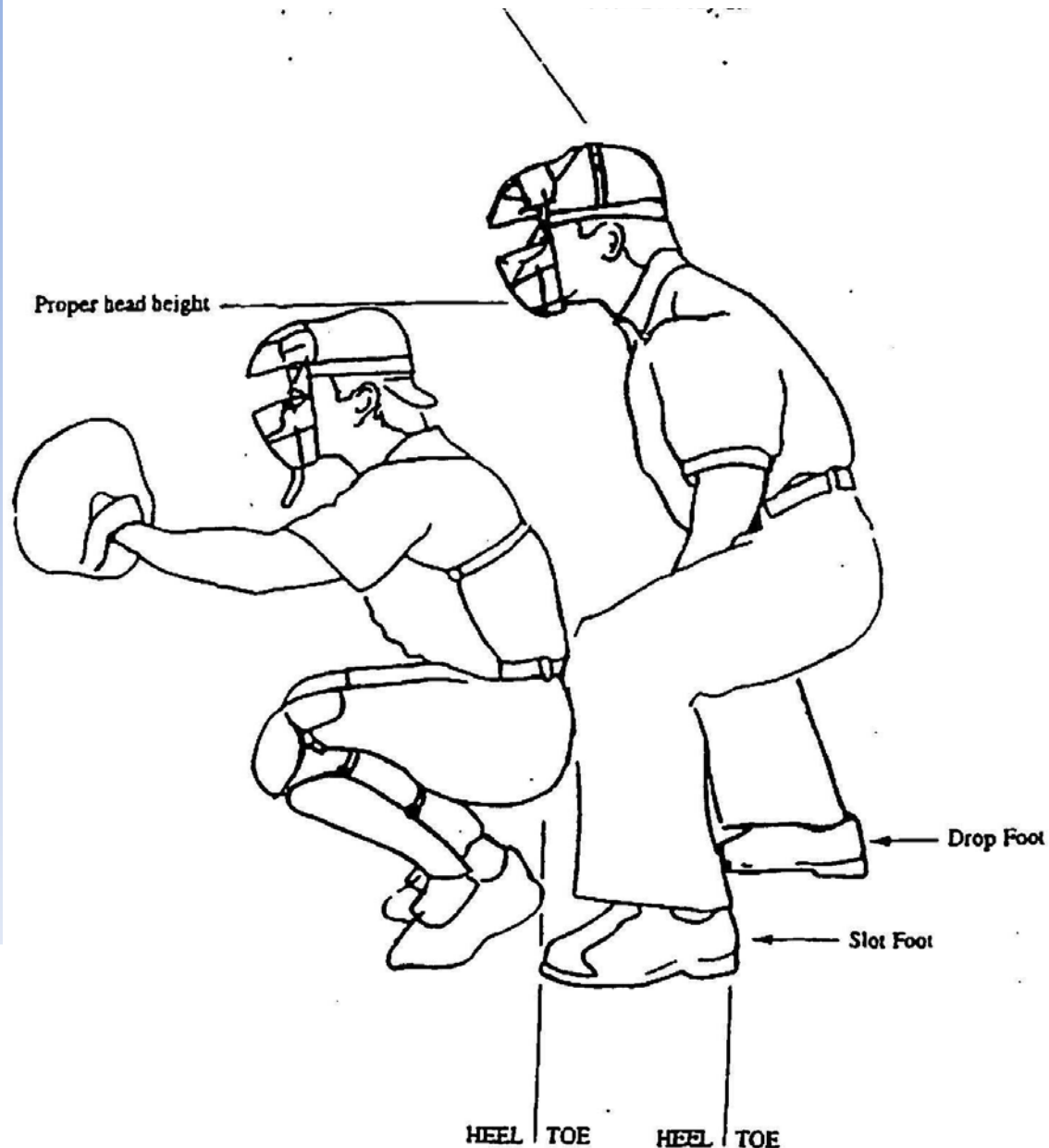


Plate Stance

THE SLOT (SIDE VIEW)

Torso Lean -

- Once in your stance, lean forward slightly

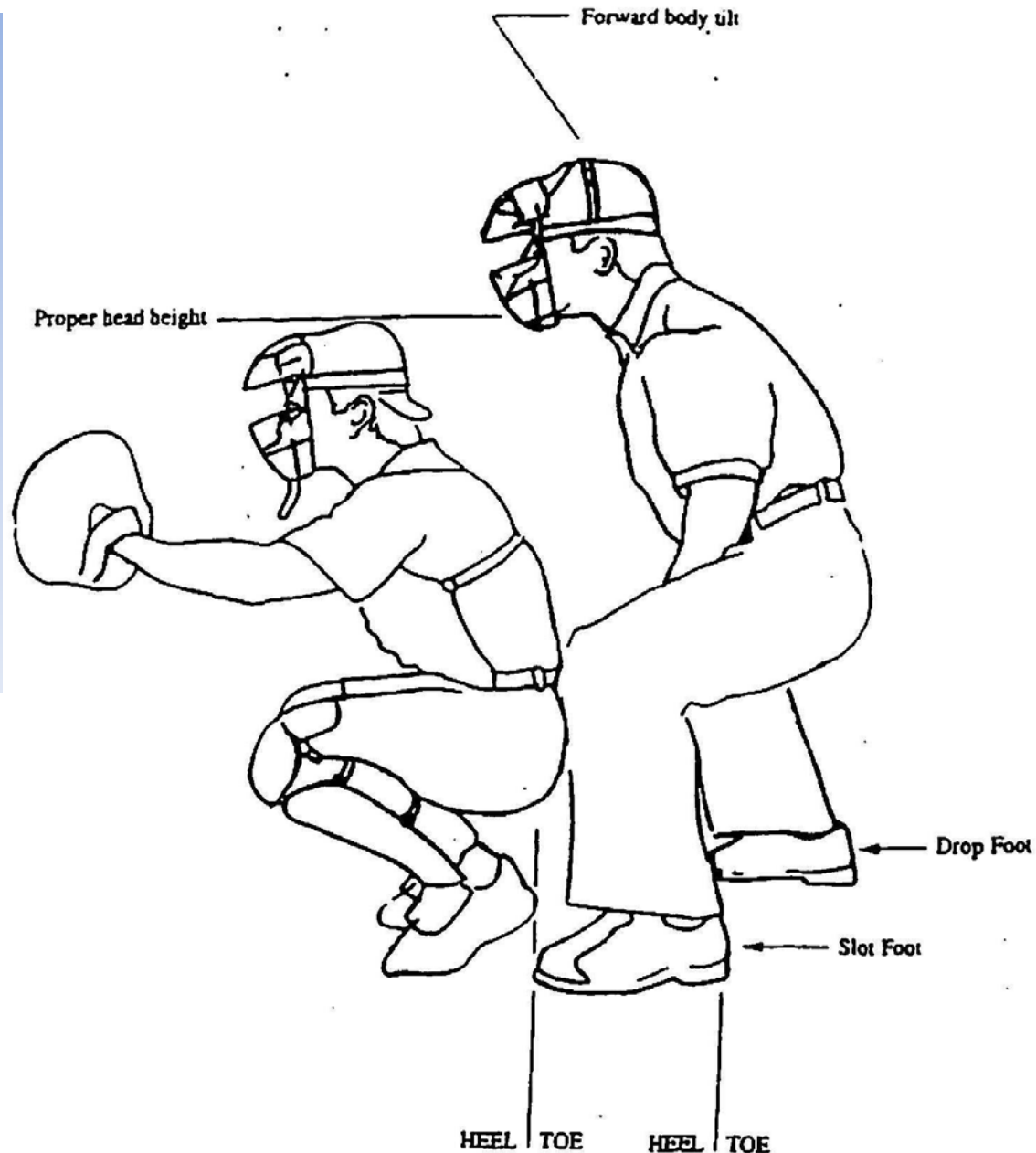


Plate Stance

THE SLOT (SIDE VIEW)

Torso Lean -

- This helps with balance and gives a good view of the outside corner

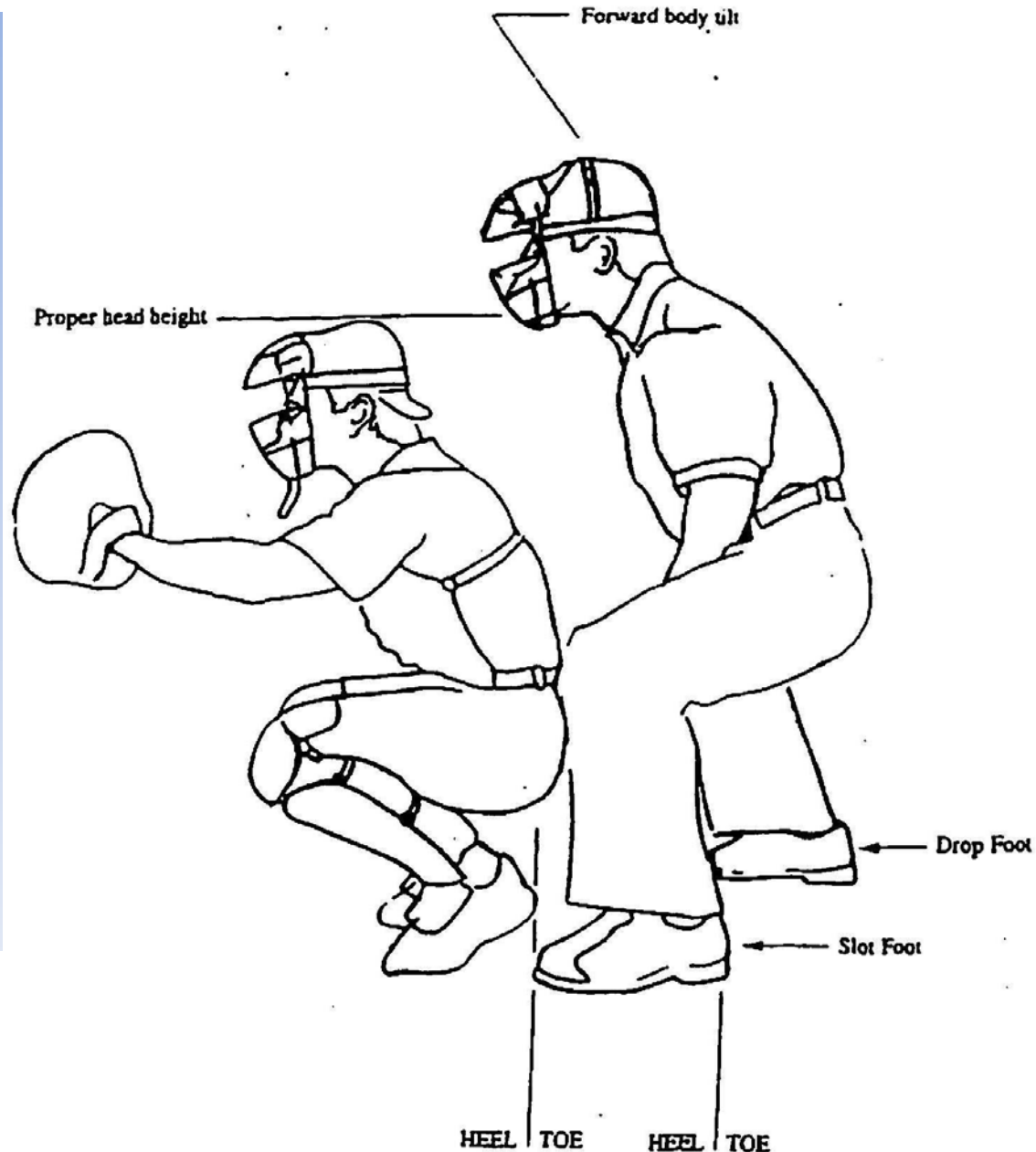


Plate Stance

THE SLOT (SIDE VIEW)

Torso Lean -

- If you can't see the outside corner, shift towards batter until you can

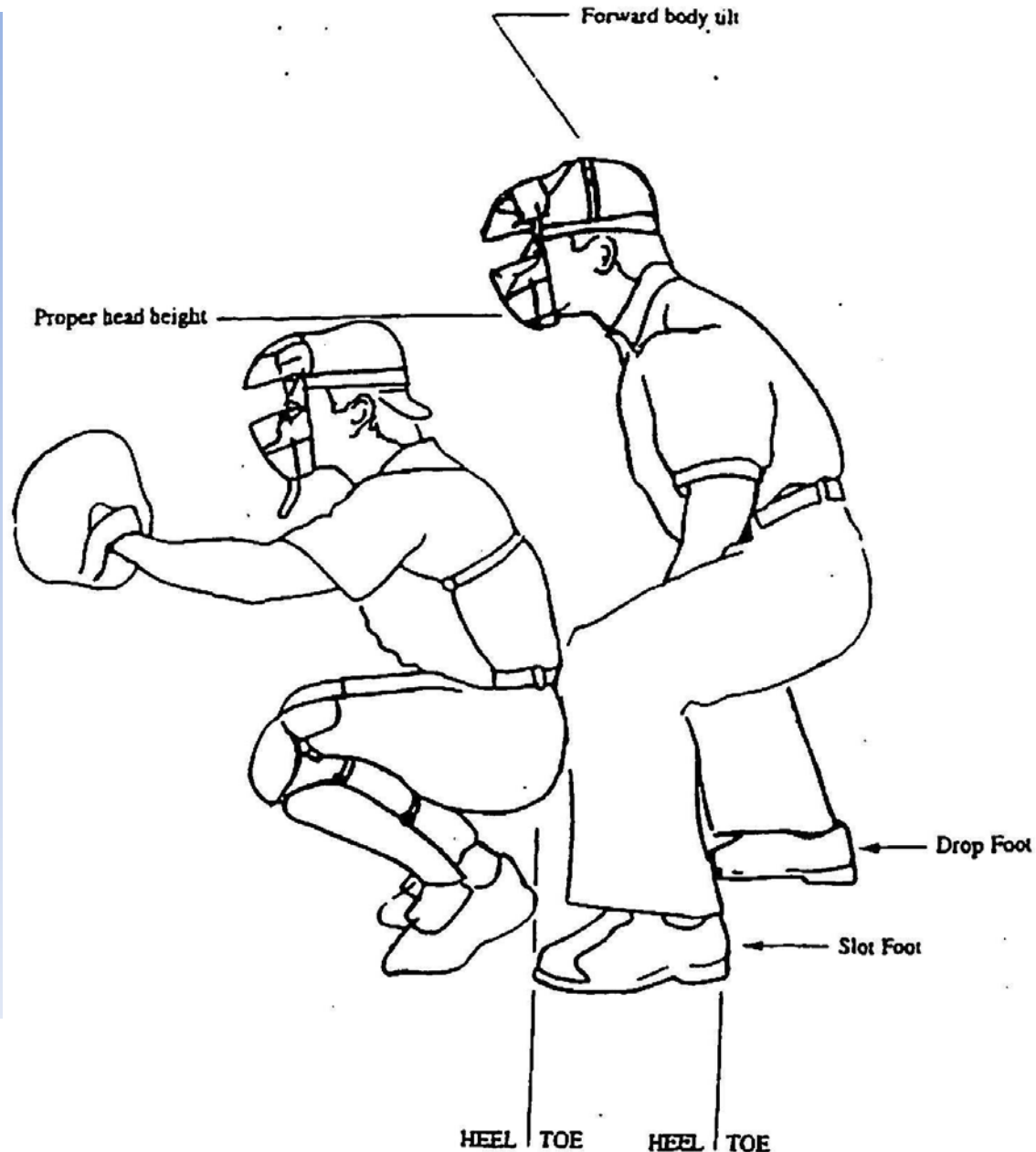


Plate Stance

THE SLOT (SIDE VIEW)

Torso Lean -

- Your eyes should never be further over the plate than the inside corner

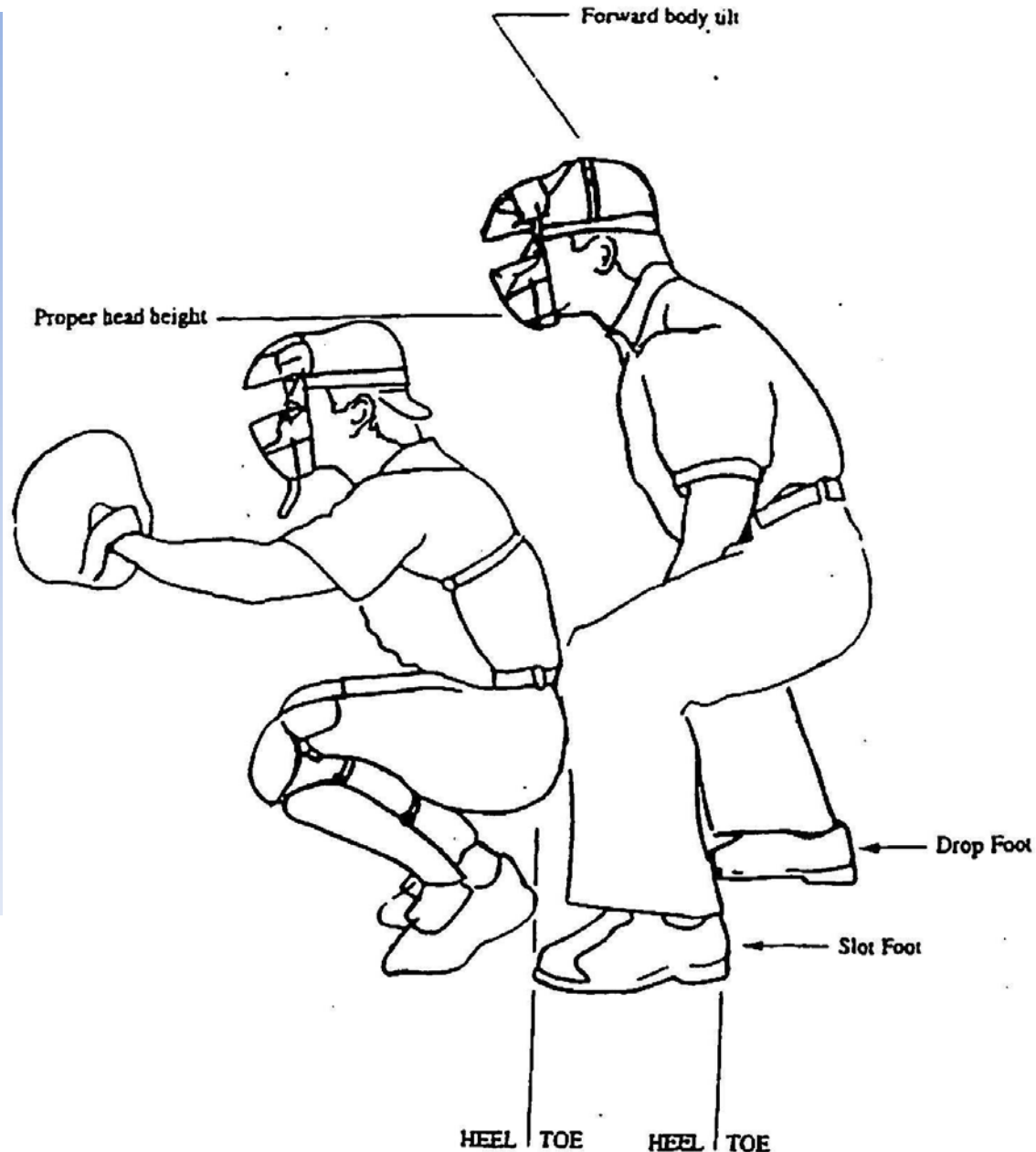
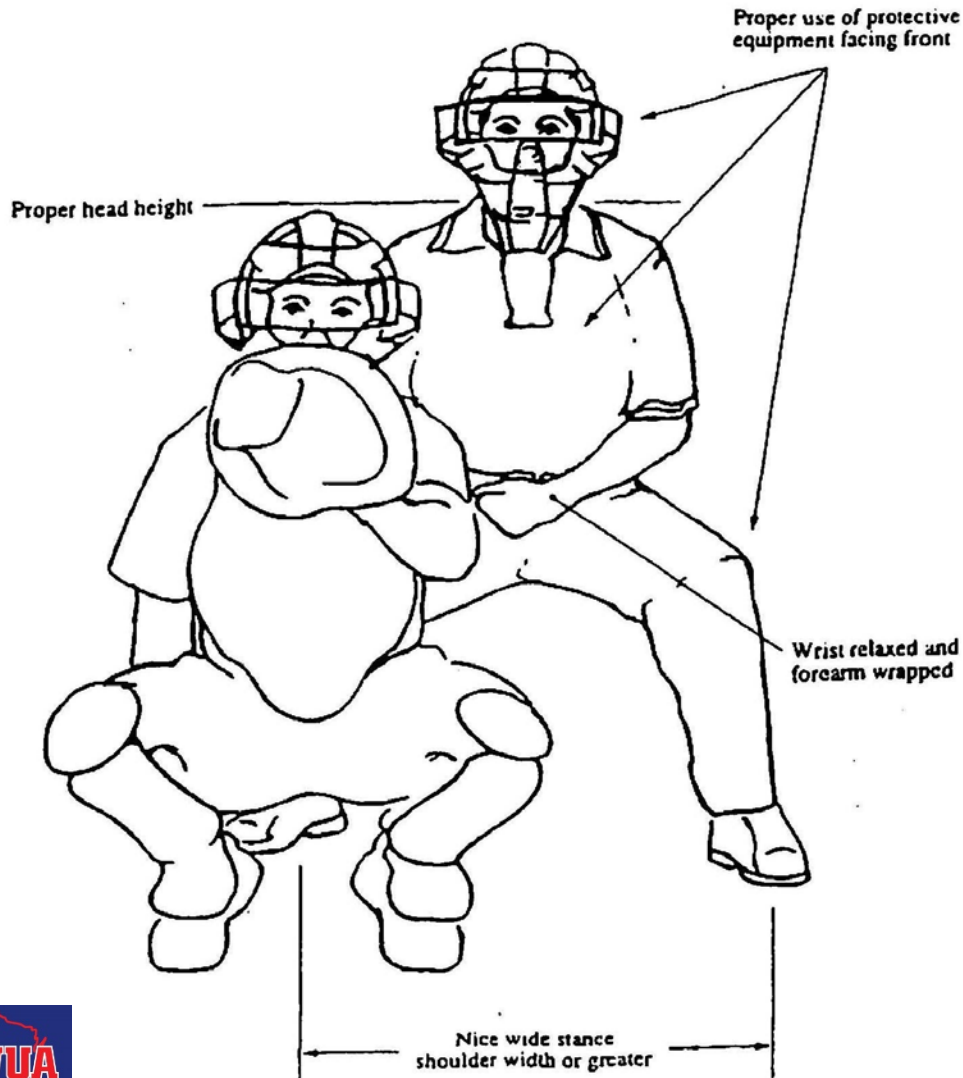


Plate Stance

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

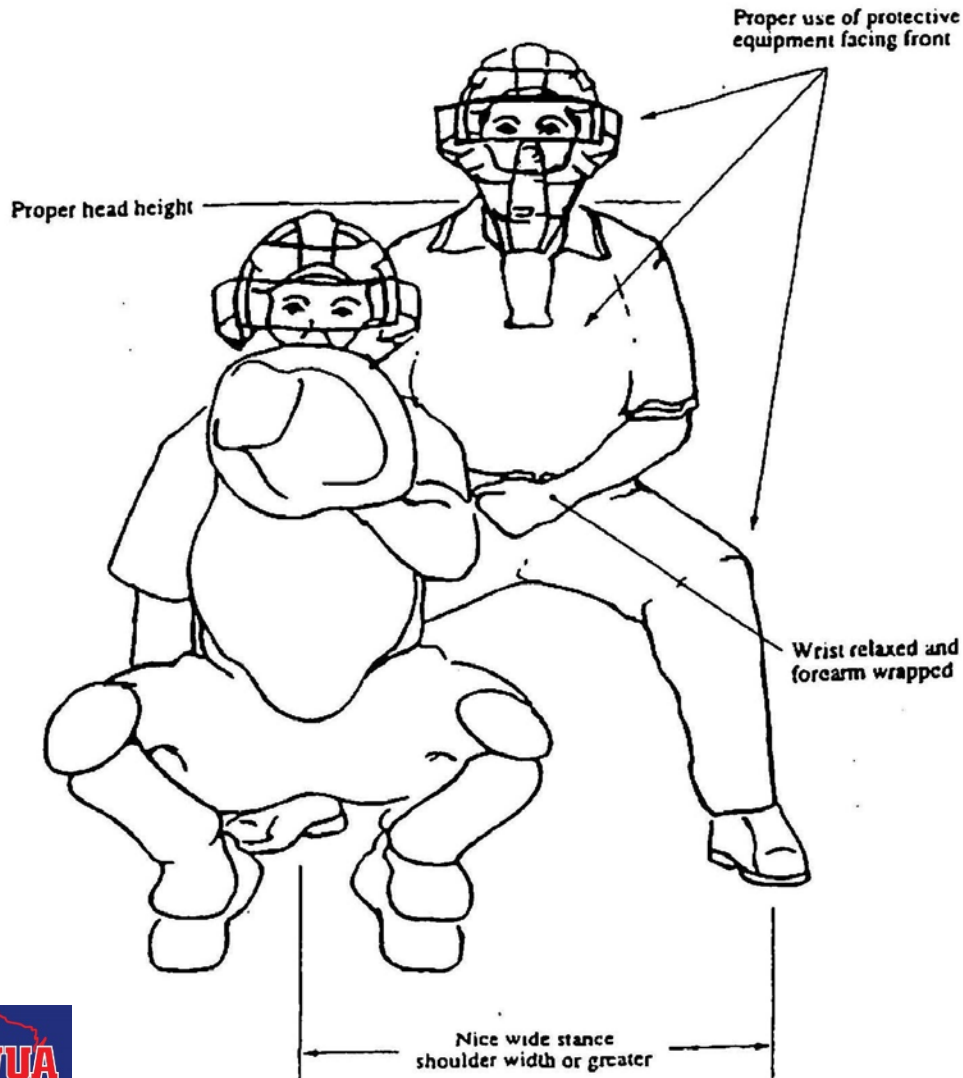


Arm Positioning-

- Arm behind the catcher is protected and will be “locked in” on upper thigh

Plate Stance

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

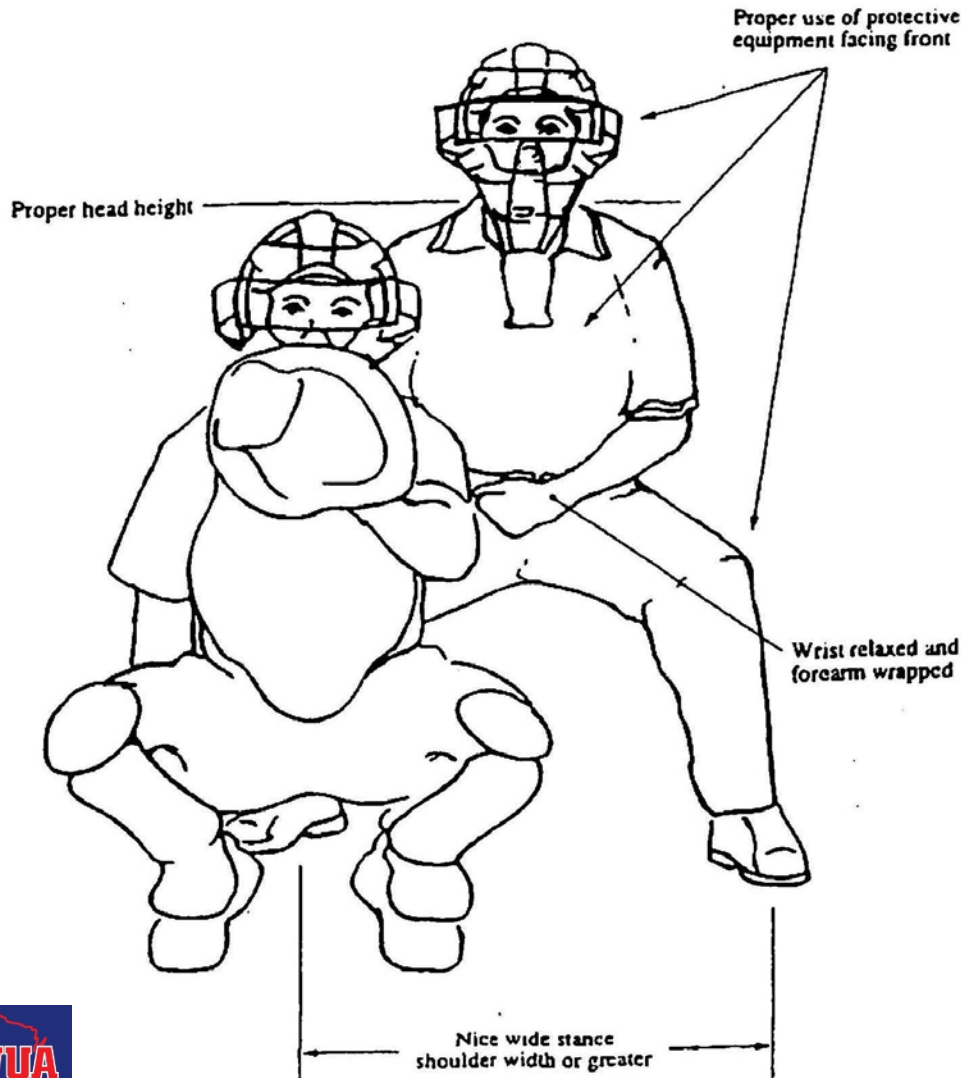


Arm Positioning-

- Being “locked in” keeps you in a consistent stance the whole game

Plate Stance

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

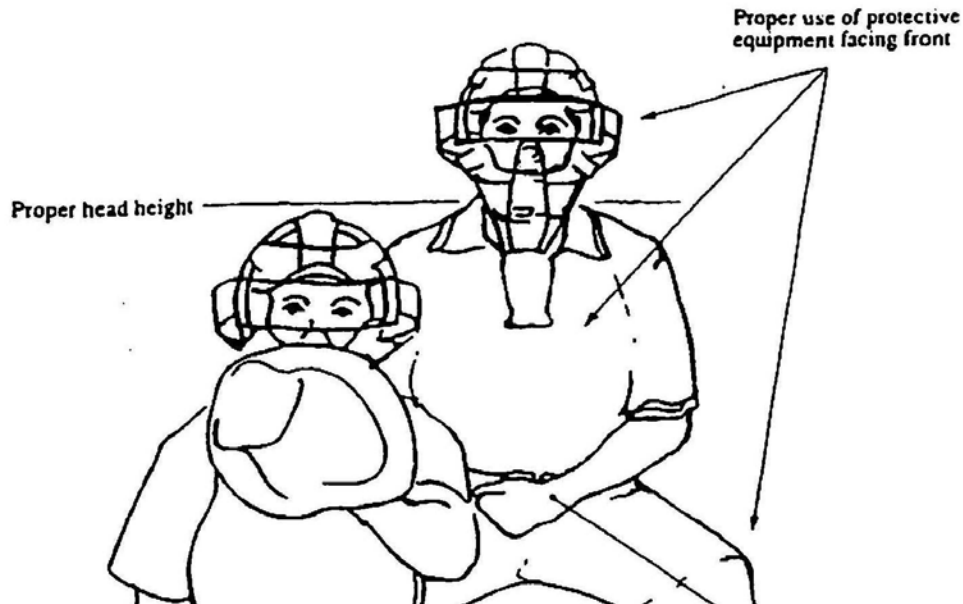


Arm Positioning-

- Arm that is exposed in “the slot” is loose and below your chest protector

Plate Stance

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



Exposed arm needs to be loose so it has some give if hit

Arm Positioning-

- Arm that is exposed in “the slot” is loose and below your chest protector

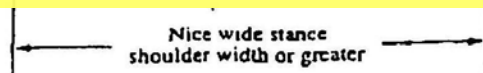
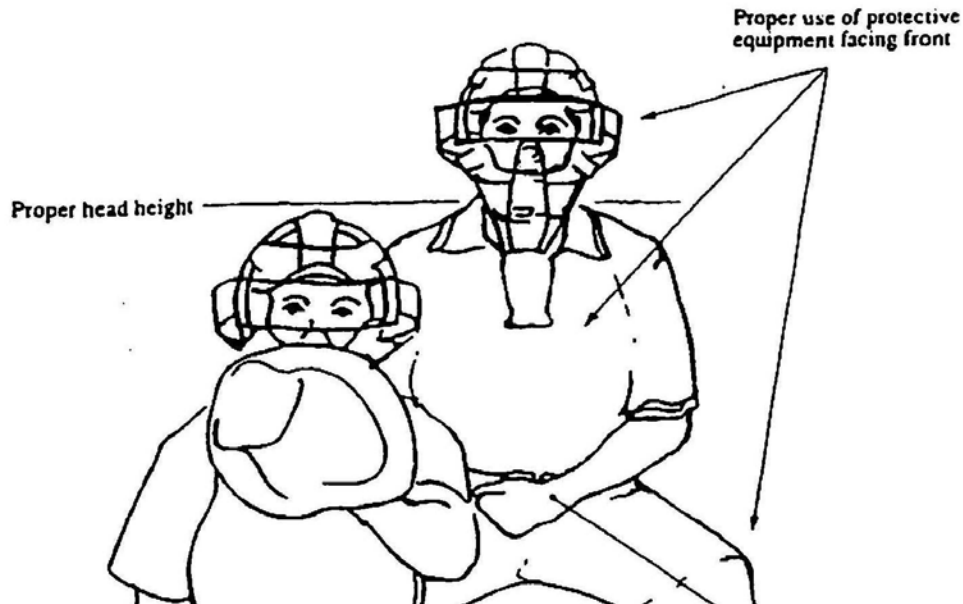


Plate Stance

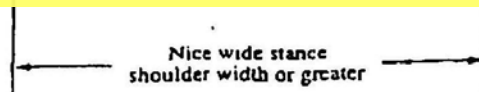
1. Width of stance
2. Amount of squat
3. Forward body tilt



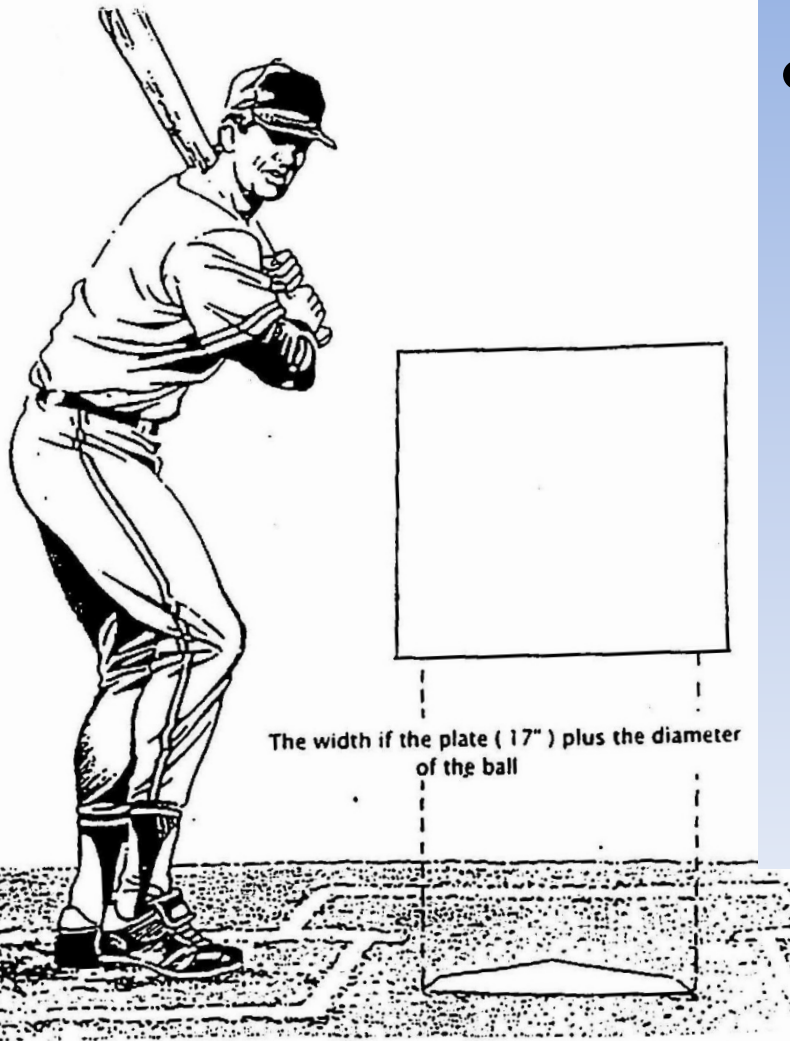
Either in front of your cup or your lower stomach is acceptable

Arm Positioning-

- Arm that is exposed in “the slot” is loose and below your chest protector



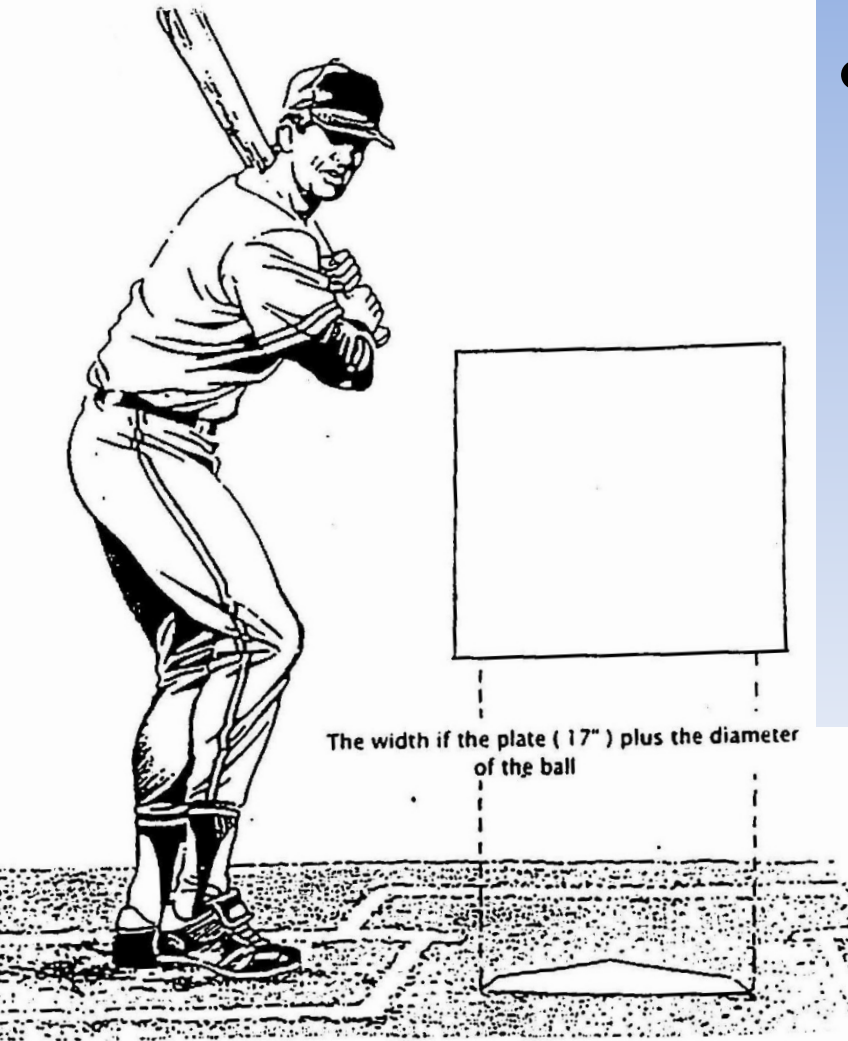
Strike Zone



- “...space over home plate, the top of which is halfway between the batter’s shoulders and the waistline...”

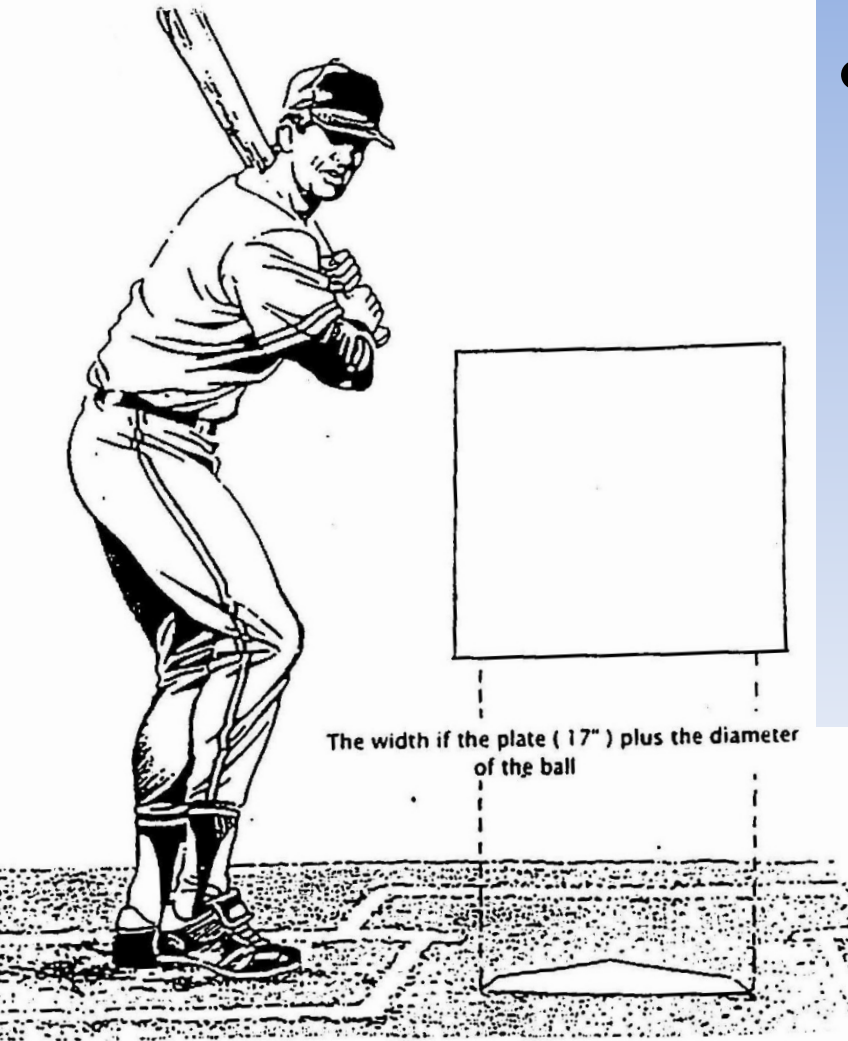
Strike Zone

- “...and the bottom being the knees, when he assumes his natural batting stance.”

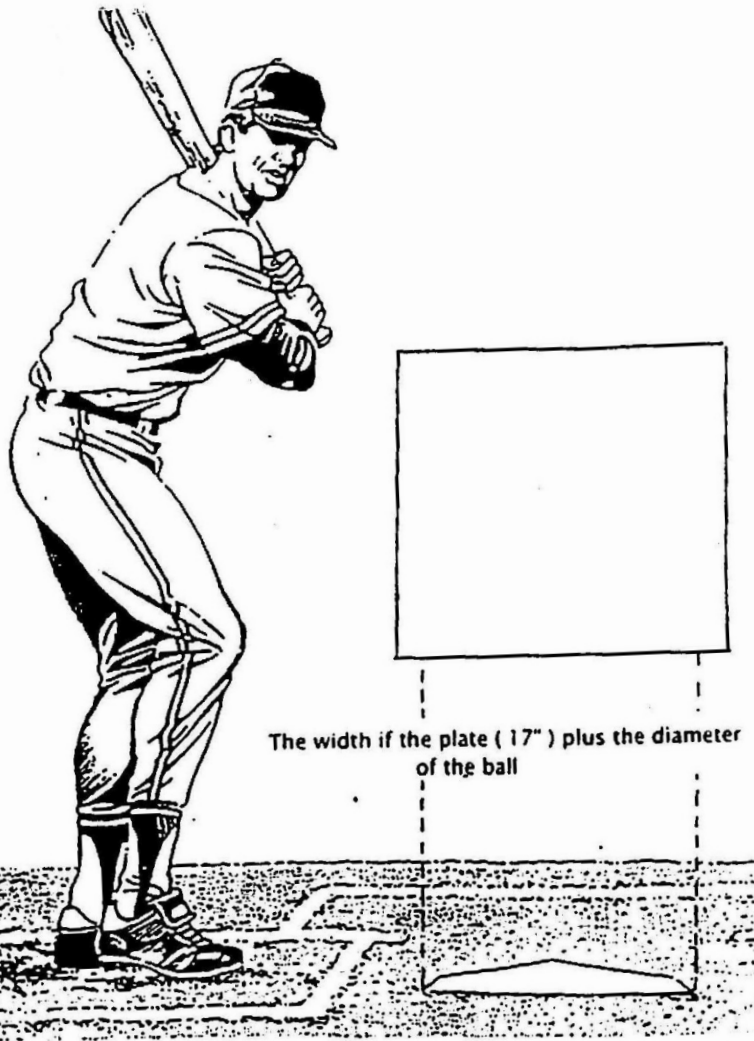


Strike Zone

- “The height of the strike zone is determined by the batter’s normal batting stance.”

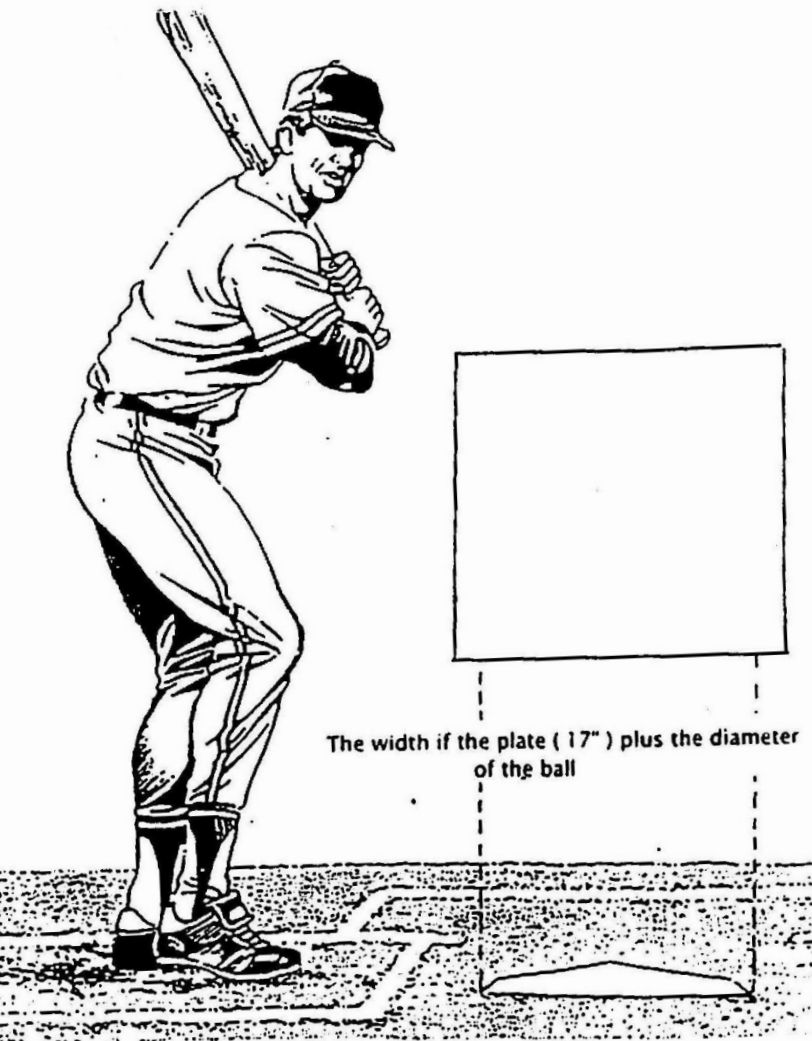


Strike Zone



- “If he crouches or leans over to make the shoulder line lower, the umpire determines the height by what would be the batter’s normal stance.”

Strike Zone



In youth baseball, call a wide outside corner, adding two ball widths to the plate. This will encourage batters to swing and keep the game moving.