



Coaching Youth Softball

CHAPTER 11 - BUNTING

CATHERINE HEIFNER: One of the key aspects of hitting, or team offense, is bunting. A sacrifice bunt is a necessary component of offense. The front toe will be pointed to the pitcher, but the key to this is the knee. The back knee must go down a little bit and the hands must be at the top of the strike zone to have control of the whole strike zone. Start high and work low in terms of sacrifice. Another thing in working with young bunters is that when you tell them to bunt, they will bunt everything! Remind them to only bunt strikes.



One of the other kinds of bunts that you use in the development of your team offense is called a drag bunt. It's used from the left side of the plate. It can be used as a sacrifice or as a base hit. It's a deceptive move. She's going to come through and show that she's swinging and as the ball is being released she's going to crossover and try to catch it on her way to first.

Another bat control move is the slap and we can do that in numerous ways. In a soft slap, the objective is to hit it between the pitcher and the third baseman, soft to the shortstop. The key to this is that she waits for the pitcher's release and then she bursts through to time it and keeps her bat flat into the area she's going. Those are some ideas about how to incorporate the short game into your practices and help your team fundamentals.