

LSU Assistant Coach Howard Dobson

LSU Hitting Preparation=Aggression

A. Stance (Pre Stride)

1. **Feet**-No ducks, Big toes, Weight
2. **Knees**-In, Level
3. **Hips**-Square, Genetic Traits
4. **Arms/Shoulders**- Tilt, Relaxed, Wrist cock
5. **Hands**-Knuckles, Muscle Work
6. **Head**-Up, Eyes Around

B. Contact (Load to Stride to Contact)

1. **Feet** –Square, Big Toes, Drive
2. **Knees**-Upside down V, Distance Between
3. **Hips**- Pointed?, Level
4. **Arms/Shoulders**-Level, Slot, Through Ball
5. **Hands**-Two Jobs, Palm up, Palm down
6. **Head**-Head down, Nose, Eyes

C. Finish

1. **Feet**-Heel up, Misconception
2. **Knees**-Upside down V, Wider
3. **Hips**-Bellybutton , Level
4. **Arms/Shoulders**-Tilt ?, Finish
5. **Hands**-Bottom hand over, Finish?
6. **Head**-Head up, Eyes Level

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