

3.203

Connected Firing Position

Body stacked over center of gravity, Head Level

Bat at 45 degrees

Front arm flexed

Connected Shoulder, tucked elbow, hands, hips, knee, heel

Front leg Flexed, Foot at 45 degrees

This video frame shows a baseball player in a batting stance. A vertical yellow line indicates the player's body is stacked over the center of gravity, with the head level. The bat is held at a 45-degree angle. Annotations include: 'Bat at 45 degrees' (red arrow), 'Front arm flexed' (red arrow), 'Connected Shoulder, tucked elbow, hands, hips, knee, heel' (yellow arrows), and 'Front leg Flexed, Foot at 45 degrees' (red arrow). A yellow box highlights the title 'Connected Firing Position'. The 'RightView' logo is in the top left, and a hand icon is in the top right. A video player interface with a yellow progress bar is at the bottom.

3.269

Bat Whip Position

Body stacked over center of gravity, Head Level

Bat goes flat, hand at front hip

Elbows Tucked

Drive Back Knee under Hip Weight transfer

Front leg Flexed, Foot at 45 degrees

This video frame shows a baseball player in a batting stance. A vertical yellow line indicates the player's body is stacked over the center of gravity, with the head level. Annotations include: 'Bat goes flat, hand at front hip' (red arrow), 'Elbows Tucked' (yellow arrows), 'Drive Back Knee under Hip Weight transfer' (yellow arrows), and 'Front leg Flexed, Foot at 45 degrees' (red arrow). A yellow box highlights the title 'Bat Whip Position'. The 'RightView' logo is in the top left, and a hand icon is in the top right. A video player interface with a yellow progress bar is at the bottom.

3.336

Contact Point

Body stacked over center of gravity
Tall Back Side
Head Level

Heel up, energy transferred to barrel and front side

Arms Flexed
Back elbow tucked at back hip

Chin down on ball

Navigation: Previous, Play/Pause, Progress bar, Next

3.436

Extension

Body stacked over center of gravity,
Head Level

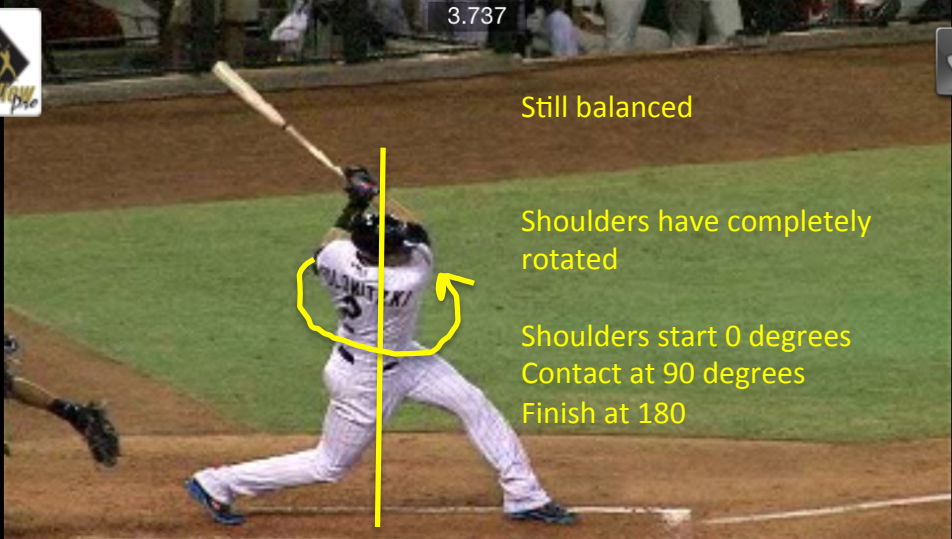
Elbows extended
Still palm up, palm down

Arms, hands and barrel extends straight back at pitcher

Navigation: Previous, Play/Pause, Progress bar, Next



3.737

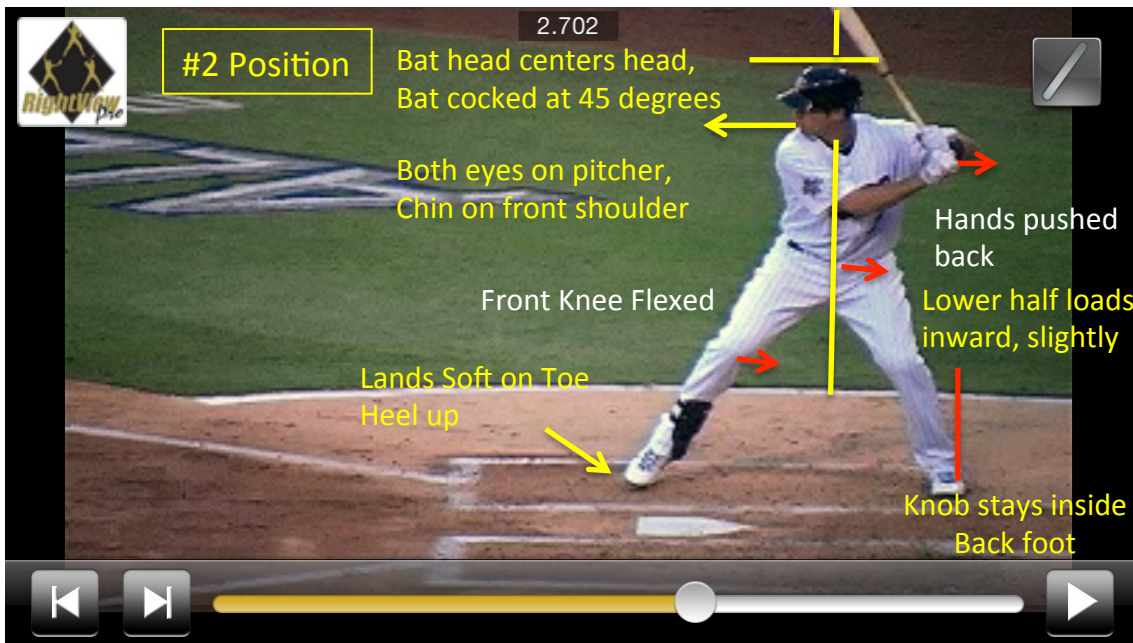
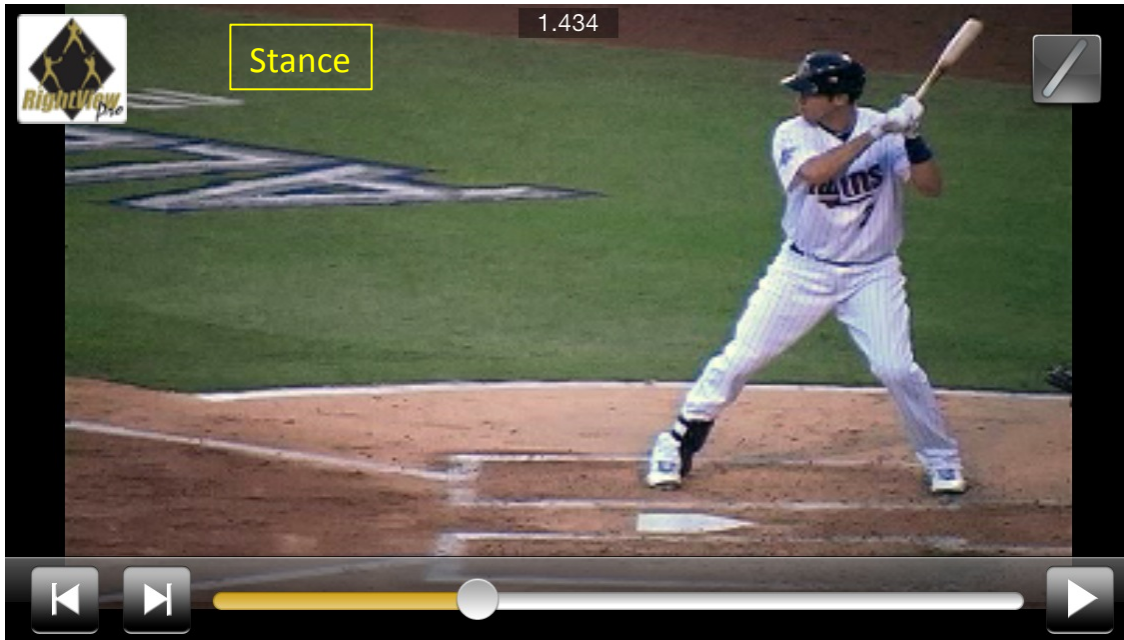


Still balanced

Shoulders have completely rotated

Shoulders start 0 degrees
Contact at 90 degrees
Finish at 180





3.103

Connected Firing Position

Body stacked over center of gravity, Head Level

Front arm flexed

Front leg Flexed, Foot at 45 degrees

Bat at 45 degrees

Connected Shoulder, tucked elbow, hands, hips, knee, heel

This video frame shows a baseball player in a batting stance. A vertical yellow line indicates the player's body is stacked over the center of gravity, with the head level. Red lines and arrows highlight the front arm flexed and the front leg flexed with the foot at a 45-degree angle. Yellow arrows point to the connected shoulder, tucked elbow, hands, hips, knee, and heel. A red arrow indicates the bat is held at a 45-degree angle. The 'RightView Pro' logo is in the top left, and a play button icon is in the top right. A video player interface with a yellow progress bar and navigation buttons is at the bottom.

3.169

Bat Whip Position

Body stacked over center of gravity, Head Level


Elbows Tucked & Flexed

Front leg Flexed, Foot at 45 degrees

Bat goes flat, hand at front hip

Drive Back Knee under Hip Weight transfer

This video frame shows a baseball player in a batting stance during the 'bat whip' phase. A vertical yellow line indicates the body is stacked over the center of gravity, with the head level. Yellow arrows point to the elbows tucked and flexed. Red arrows and text indicate the front leg flexed with the foot at a 45-degree angle, the bat going flat with the hand at the front hip, and the back knee driven under the hip for weight transfer. The 'RightView Pro' logo is in the top left, and a play button icon is in the top right. A video player interface with a yellow progress bar and navigation buttons is at the bottom.


 **Contact Point** 3.236

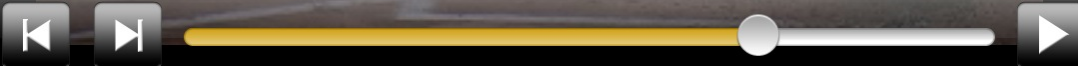
Body stacked over center of gravity
Tall Back Side, Head Level


Arms Flexed
Back elbow tucked at back hip

Chin down on ball

Heel up, energy transferred to barrel and front side







 **Extension** 3.370

Body stacked over center of gravity,
Head Level

Elbows extended
Still palm up, palm down

Arms, hands and barrel extends straight back at pitcher







3.803

Still balanced

Shoulders have completely rotated

Shoulders start 0 degrees
Contact at 90 degrees
Finish at 180

