

## Same Footwork

The purpose of this document is to describe same footwork for both hitting and throwing and how to learn it without thinking about footwork. For example, we throw off the front foot when we throw clockwise around the horn and we throw off the back foot when we throw counter clockwise. In hitting, we hit off the back foot with the same footwork we throw off the back foot and vice versa. If we expect the pitch to break in and away from the line down the center of the plate, we hit off the back foot with the same footwork we throw off the back foot and vice versa. In other words, if we expect the pitch to break away from the centerline of the plate, we hit off the front foot with the same footwork we throw off the front foot, when we throw around the horn clockwise.

## Some things are always the same

In both hitting and throwing, to get all our power from the hips, we always keep the front shoulder in.

## Sometimes we step at the target and sometimes we don't

If possible, we step towards the target, but that is not always possible, so we practice both. We practice throwing around the horn both stepping to the target and twisting to the target. When we twist, we either "close" or "open" to the target. In throwing with a twist, we are practicing throwing on the run, but the run is away from the target, like a third baseman covering bunt and throwing to first. Or a right-handed first baseman throwing to second. Or a catcher throwing to third when the batter is in the way. When hitting, we twist when hitting down the line, especially with two strikes when foul balls help us. When we twist in batting or throwing, we are either completely open or completely closed. If not, we will have a "loop in the swing" when hitting or a difficult to catch and control "loop in the throw" when throwing.

## Miss patterns

Now is the time to bring up miss patterns. Starting with throwing around the horn and throwing to the chest, we want the miss pattern to go down. Throwing to a base we want the miss pattern to go up. This gives one a lot more chance throwing accurately. It is something we practice by learning to throw with the elbow either all the way up or all the way down. I bring up miss patterns here because throwing with a twist, we can't do this unless we are all the way open or all the way closed. When hitting we are either trying to hit the ball over an outfielder's head or through the infield. When hitting through the infield we want to make the ball spike the ground away from the fielder somewhere near the baseline. So, we aim our swing at a fielder and hit on the side of the ball. We want our miss pattern away from the fielder. If we want to hit it over an outfielder's head, we want our miss pattern up instead of down. By the way, we want to go right over the outfielder's head, not in the gap, because the shortstop or the other infielder is in-line with the gap. When throwing to a base we do not want the ball to "spike". If we miss, we want it to "skip". So, we learn to use our elbow position to make the ball rise or drop, skip or spike. We can practice these miss patterns for both hitting and throwing, just throwing around the infield.

## Summary, this was just an intro to footwork and miss patterns. More to come

Footwork is the same for hitting and throwing. Always keep the shoulder in for more power, speed, quickness. Hit against the spin on the side of the ball, it will jump off your bat. Match the spin pattern with the intended miss pattern. More to come using this info for offensive and defensive strategy.