

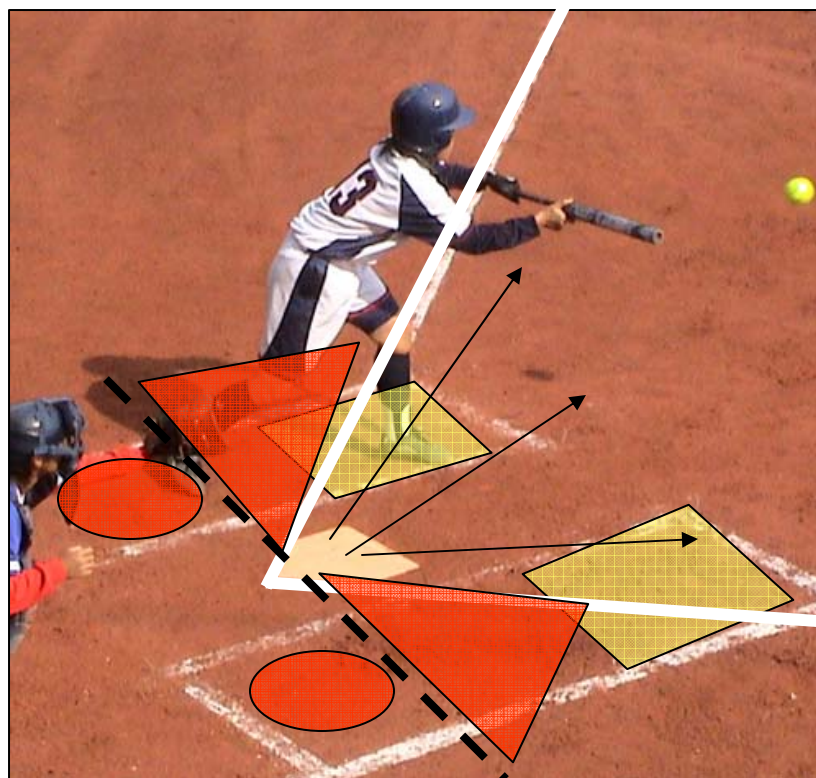
PERFECTING THE BUNT: Slap, Squeeze & Bunting for a Hit

Cindy Bristow

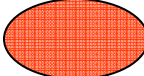
cindybristow@verizon.net

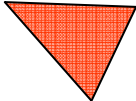
FUNDAMENTALS OF BUNTING:

- Get in the **FRONT** of the Batter's Box



 Front of the box where bunter should stand

 Shows back of the box where some bunters stand

 Shows bunts from the back of the box that land in these red triangle areas are all foul

FUNDAMENTALS OF BUNTING:

- **Start the bat at the top of the strike zone**
 - easier to bunt the ball on the ground
 - any pitch above the bat let it go



incorrect



FUNDAMENTALS OF BUNTING:

- **Keep your feet spread and balanced**

CORRECT



incorrect



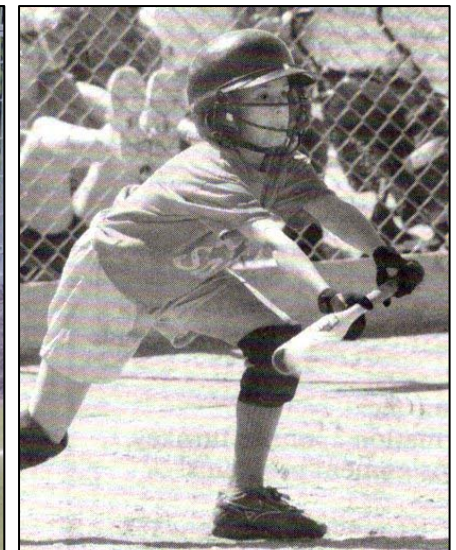
FUNDAMENTALS OF BUNTING:

- **Bend your knees to bunt any low pitch**
- **Keep your eyes as close to the bat as possible**

CORRECT



incorrect



FUNDAMENTALS OF BUNTING:

- **Let the ball hit your bat and let your arms give slightly**
 - DON'T push to bat into the ball

CORRECT



incorrect



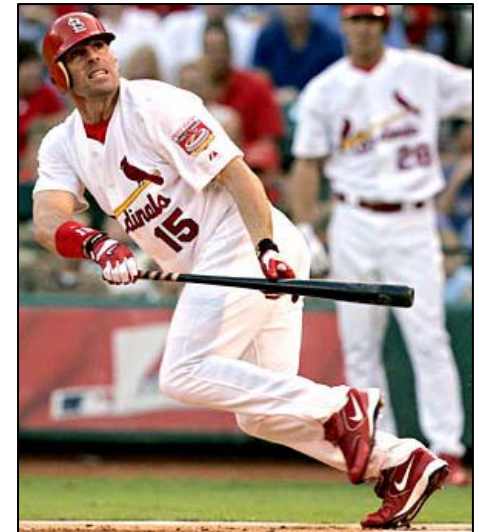
FUNDAMENTALS OF BUNTING:

- **Bunt the ball DOWN** on the ground
- **BUNT FIRST** - then run

CORRECT



incorrect



CONTROVERSIES OF BUNTING:

• Square or Not to Square for Sacrifice Bunt ?



Square Stance:

- both feet are even in the batter's box
- traditional stance that can provide more balance
- is scary for younger players & makes outside pitches harder to reach



Stacked Stance:

- One foot in front of the other in the batter's box
- Provides better balance when moving for bunts and bunting faster pitching
- Can prevent "happy feet" bunters from stepping out of the box

CONTROVERSIES OF BUNTING:

• Level or Angled Bat ?



Level Bat:

- Traditional way to hold the bat for a bunt
- Easier to determine top of the strike zone
- Also makes it easier to pop up since the ball goes straight up off the bat



Angled Bat:

- Top hand is the key for positioning
- much less traditional
- some players find easier not to pop up using this method

TYPES OF BUNTS:

- **Slap Bunt**



Show HIT



Show BUNT



Pull Back
for HIT



HIT

TYPES OF BUNTS:

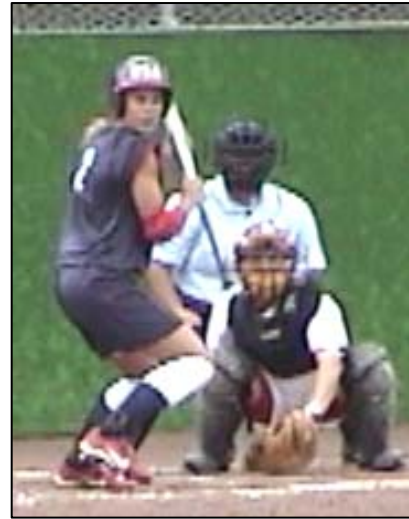
- **Squeeze**



- Better too early than too late to show
- Hold until ball on the ground
- Direct bunt at weakest fielding infielder

TYPES OF BUNTS:

- **Drag Bunt (Bunt for Base Hit)**



- Wait until last minute to bunt
- Put ball on the ground
- Wait to run
- Direct bunt at weakest fielding infielder



PRACTICING BUNTS:

- How we **usually** practice bunting -
- How we **SHOULD** practice bunting -



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PRACTICING BUNTS:

• 6 Step Bunt Progression

- **concentration**
- **focus on seeing the ball hit the bat**
- **hand work at giving slightly when the ball hits the bat**
- **posture when bunting** (knees and waist bent slightly, bat at the top of the strike zone and eyes close to end of bat)

SET UP:

- split into groups of 2
- facing each other
- about 5 -10 feet apart.



PRACTICING BUNTS:

• 6 Step Bunt Progression

STEP 1 – hands only



Figure 1



Figure 2



Figure 3



Figure 4

Keep the thumbs together and hands flat

Absorb ball off hands

Switch after 10 tosses

PRACTICING BUNTS:

• 6 Step Bunt Progression

STEP 2 – glove catch



Figure 6



Figure 7

Wear Glove now

Keep glove near shoulders

Catch ball near shoulders wherever toss is

Catch with 2 hands as you bunt with 2 hands

PRACTICING BUNTS:

• 6 Step Bunt Progression

STEP 3 – glove back-catch



Figure 8



Figure 9

Wear Glove

Keep glove near shoulders

Catch ball near shoulders wherever toss is – with the BACK OF THE GLOVE and the bare hand

Catch with 2 hands as you bunt with 2 hands

PRACTICING BUNTS:

• 6 Step Bunt Progression

STEP 4 – short bat



Figure 10



Figure 11



Figure 12

No Glove – Player used bat this time

Grip bat as you would about except HOLD 3-4 INCHES FROM THE END

Hold bat at top of strike zone as when normally bunting

Bunt toss from partner with short part of the bat

PRACTICING BUNTS:

• 6 Step Bunt Progression

STEP 5 – end bunt



Figure 14



Figure 15

Choke up about 6-8 inches on bat

Hold bat in hitting stance until toss is on the way

Use the very end (tip) of the bat to bunt with

Can bunt with either one or both hands but **GET THE BALL DOWN**

PRACTICING BUNTS:

- **6 Step Bunt Progression**

STEP 6 – handle bunt (final step)



Hold bat in normal batting stance (choking up is optional)

Bunt the toss with the end of the bat closest to the handle

Bunt the ball DOWN

PRACTICING BUNTS:

- Catch or Bunt
- Bunting for Lines -
- Bunt Day -