

TEACHING THE RUNNING SLAP

Cindy Bristow

The key to teaching the Running Slap is to make it as simple for the player as possible:

- 1. Assume a stance in the middle to back of the batter's box**
- 2. Take a large step toward the pitcher with the back foot**
- 3. Make contact with the ball (with a DOWN stroke) as back step hits the ground**
- 4. Run to 1st**

1.



2.



3.



4.





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2. Take a large step toward the pitcher with the **back foot**



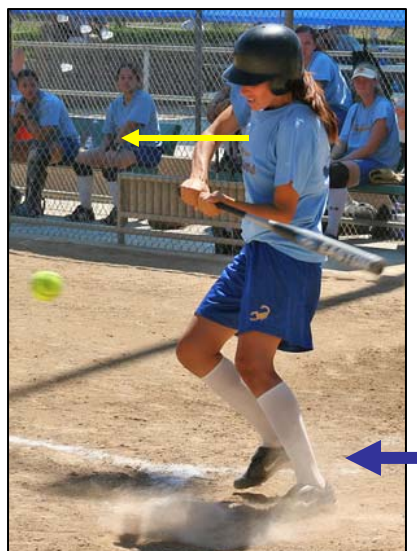
- Small back step with front foot is OK
- Avoid a back step that completely replaces the position of the back foot.

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2. Take a large step toward the pitcher with the **back foot**



- Toes point toward the pitcher
- **Front shoulder points toward pitcher** – NOT chest



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3. Make contact with the ball (with a DOWN stroke) as back step hits the ground



correct



incorrect



Keep your hands in front of your chest – don't let your hands separate from your back shoulder

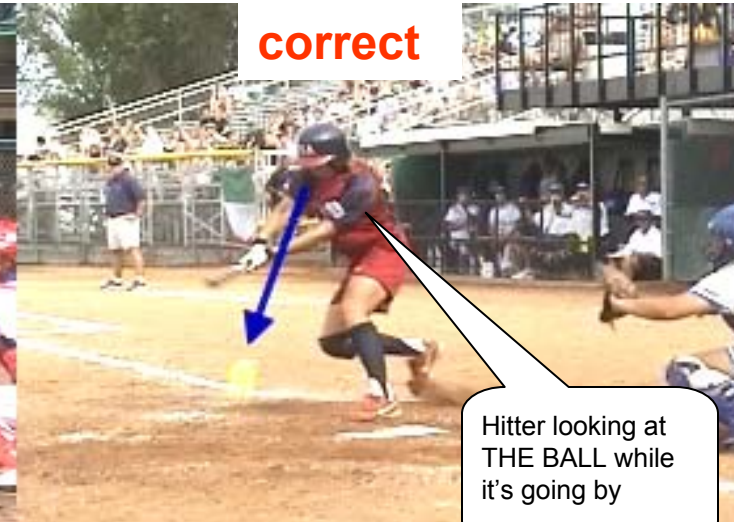
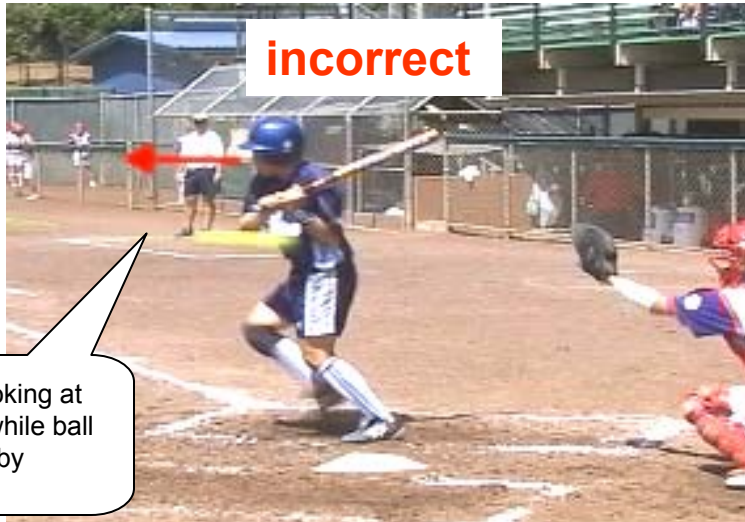
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3. Run to 1st – eyes to the ball



TEACHING THE RUNNING SLAP

Slap with your EYES:



Hitter looking at pitcher while ball is going by

Hitter looking at THE BALL while it's going by

PRACTICING THE SLAP:

1. **1 STEP CATCH (WITH GLOVE) – OFF T** (on top hand)



PRACTICING THE SLAP:

1. **1 STEP CATCH (WITH GLOVE) – OFF TOSS** (on top hand)

- Close
- Slow



PRACTICING THE SLAP:

1. 1 STEP PUNCH OFF TOSS (on top hand)



PRACTICING THE SLAP:

1. 1 STEP SLAP (WITH BAT) – OFF T

- Short bat if possible
- Choke up at first



PRACTICING THE SLAP:

1. 1 STEP SLAP OVER LADDER (WITH BAT) – OFF T

- Place ladder about 10' out
- Focus on bounce-height



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