

Sacrifice bunt technique

- Move up in the batter's box (towards the pitcher). You should have the front foot as close to the front line of the box as possible. This improves our angles and hence improves our ability to get the bunt down in fair territory.
- Move toward the plate a bit as well. This helps us cover the plate.
- Show the bunt when the pitcher begins the arm circle.
- Pivot feet and get shoulders squared to pitcher. Move your back foot toward the plate a bit to help you get better plate coverage.
- Start with the bat and eyes at the top of the zone.
- Slide both hands up the bat. Bottom hand should only move a couple of inches. Top hand should move to the balance point of the bat.
- Make sure fingers of top hand stay below or behind the bat.
- Keep your elbows bent, not extended. This will help you react to the pitch to place and deaden the ball.
- We want to keep the bat almost flat with just a slight angle to it. Keeping the bat almost flat will help you cover more of the plate, especially on a pitch that is breaking in or out. Having just a slight upward angle will minimize pop-ups.
- Make sure that you have full plate coverage when you pivot and get the bat in front of you. If needed, move closer to the plate in your stance. If you do not have full plate coverage, you will be forced to "stab" out an outside pitch.
- Use your legs to get low. Never just lower the bat. Bend your knees and keep the eyes behind the bat.
- Never raise the bat to bunt the ball. You start at the top of the zone and work down. Never work up, this leads to pop-ups.
- Imagine trying to catch ball with the bat to deaden the ball. Let the ball come to you, don't reach for it.
- Use your bottom hand to direct the bat and place the ball to the 3B side or the 1B side. Also, use the pitch location to help out with where you want to place the ball.