



## Bucket Talk – Hitting Basics

### Bible Verses

**Matthew 7:24-27** Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.

**Psalms 31:5** Into your hands I commit my spirit; redeem me, O LORD, the God of truth.

### Your Foundation

To be a consistent hitter, you must begin with a firm foundation - a strong, base from which to swing the bat. Start with your best athletic stance;

- Legs slightly wider than shoulders for a stronger, more balanced stance
- Toes pointing straight in front of body
- Feet evenly lined up with each other
- Knees comfortably bent with a slight bend at the waist
- Weight balanced on front half of feet with your heels on ground
- Chest over your knees with your head in the center of your body
- Weight evenly distributed between your front & back legs (maybe 60% on your back leg)

Picture yourself as a defensive player in basketball. You need to be ready to defend both the pass and the dribble. This means you need to have a strong, balanced stance. You need to be able to react quickly when it's time to make the defensive play. Practice putting yourself in a defensive basketball stance, placing a bat in your hands, and then taking swings off a batting tee.

### Your Grip

Pick up your bat and rest the barrel on top of your back (*hitting*) shoulder with your elbows touching your sides. Do not place the bat too deep in your palms. The bat should be held more in your fingers, not back in your palms. Your hands should be centered in front of your chest with the knob of the bat pointing down toward the plate at a 45° angle. Check the alignment of your knuckles. Your door-knocking knuckles (second set of knuckles) should be somewhat lined up with each other. Avoid having your top hand second knuckles aligned with the third set of knuckles on your bottom hand. If you see this, the bat is slipping too far back into the palm of your hand. A grip that's too deep in the palms does not allow for flexibility in your wrists. If you are holding the bat correctly, you will be able to point both of your index fingers toward the sky (they should be parallel). Also, check your grip pressure. It should be - relaxed, but strong.

### Your foundation, His grip

A firm foundation is not only an important ingredient for consistent hitting, but it is essential for living a consistent, balanced and impactful life. Your life is like a house. Without a solid foundation, a house cannot stand against strong winds and storms. Over time, it will crash & fall. Read the words of Jesus in **Matthew 7:24-27** about the wise and foolish builders. Which builder do you want to be?

Likewise, **in life**, if we put ourselves completely in God's Hands (*our talents, possessions, plans and every aspect of ourselves and lives*), we can have confidence in God to produce in us His character and His plan for our lives. In doing so, we can be most effective in this world. If we place our trust in God and allow His Hand to guide and direct us, we will live more consistent and positive lives, pleasing our Heavenly Father, while impacting others for His Kingdom. Make it your attitude today, and everyday, to put your life in God's Hands. Pray to God the words found in **Psalms 31:5**, and watch Him use you effectively: ***"I entrust my spirit (life) into your hand."***