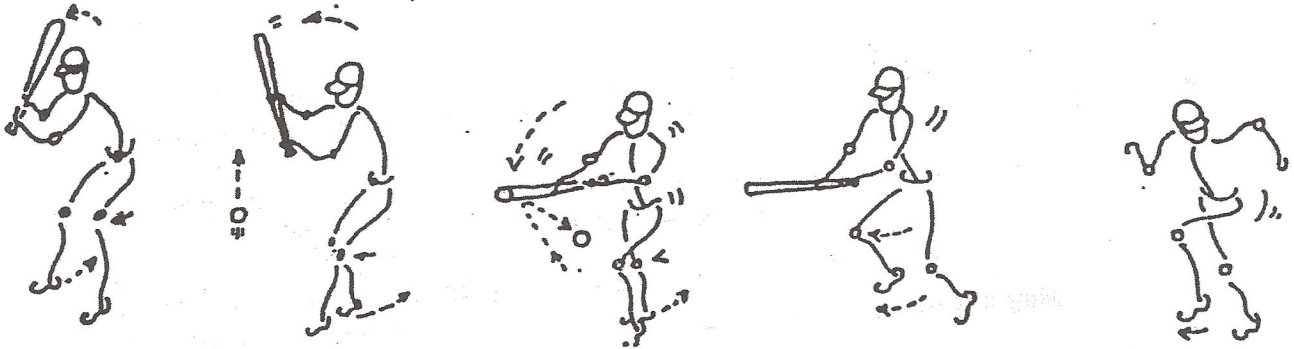


Drop Step Running Bunt Technique

- Assume your normal batting stance
- Take a short replacement step back with foot closest to the catcher while bending knees — assume a running starting position
- Slide top hand up bat for greater control
- Extend the bat to the ball
- Move the bat and your body into the ball for contact
- Keep watching the ball as you leave the batting box to avoid running into it



Left Hand Running Bunt

- Start in your normal batting stance in the left handed batter's box
- Step towards home plate with your front foot keeping your arms and bat behind your body. Decide *now* whether the pitch is a strike
- Grip the bat firmly in both hands
- Pivot on your front foot as you extend your arms and the bat towards the pitch. Try to keep the bat as parallel to the ground as possible whilst at the same time getting the bat to the height of the pitch
- Contact the ball as you cross your back (left) foot over your front foot
- Your weight should be on your front leg at contact. Your hips open towards 1st base
- Watch the ball onto the bat
- Complete the cross over step and run to 1st base

