

Players Notes

BUNTING

Why use a Sacrifice Bunt?

- To advance the runner
- To minimise the chance of a double play
- To minimise the chance of the defense successfully playing the front runner

Keys to success:

- Assume the bunt position early
- Pivot so that both shoulders and hips are facing the pitcher
- The bat always starts at the top of the strike zone
- Bunt strikes only
- "Catch" the ball with the bat.
- Watch the ball onto the bat

Sacrifice Bunt Technique

- Start in your normal batting stance
- Pivot on back foot so that both shoulders and hips are facing the pitcher
- Knees bent slightly for balance
- Slide top hand to a position halfway up the bat and pinch between thumb and finger
- Extend arms, both elbows pointing down. Elbows should be slightly bent, arms $\frac{3}{4}$ extended
- Position bat at the top of the strike zone, parallel to the ground
- Watch the ball onto the bat and adjust downwards with knees and hands/bat to the height of the pitch
- "Catch" the ball with the bat—"give" with your elbows
- Attempt to contact the top half of the ball with the bottom half of the bat

