

BUNTING STANCES

Three ways to get into position to bunt:

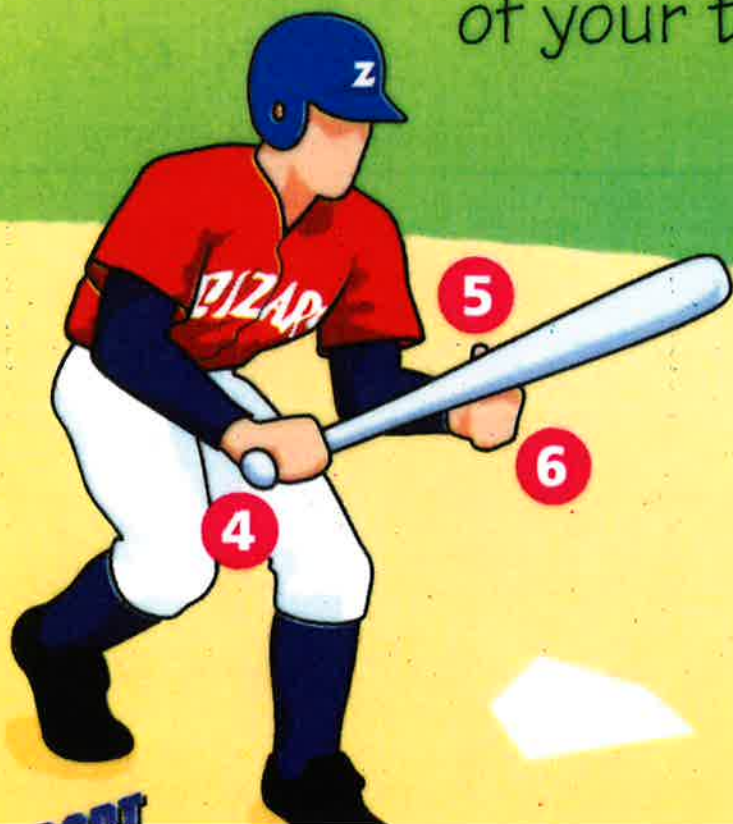
- 1 Adjust both feet to get square to the pitcher,
- 2 Pivot both feet, or
- 3 Step forward with your back foot.

Hold your bat a bit in front of you, with

- 4 the knob slightly down and
- 5 your top hand halfway up the barrel.

hand halfway up the barrel.

- 6 Make a fist with your thumb up and cradle the bat in front of your thumb.



1
square
stance

2
pivot
stance

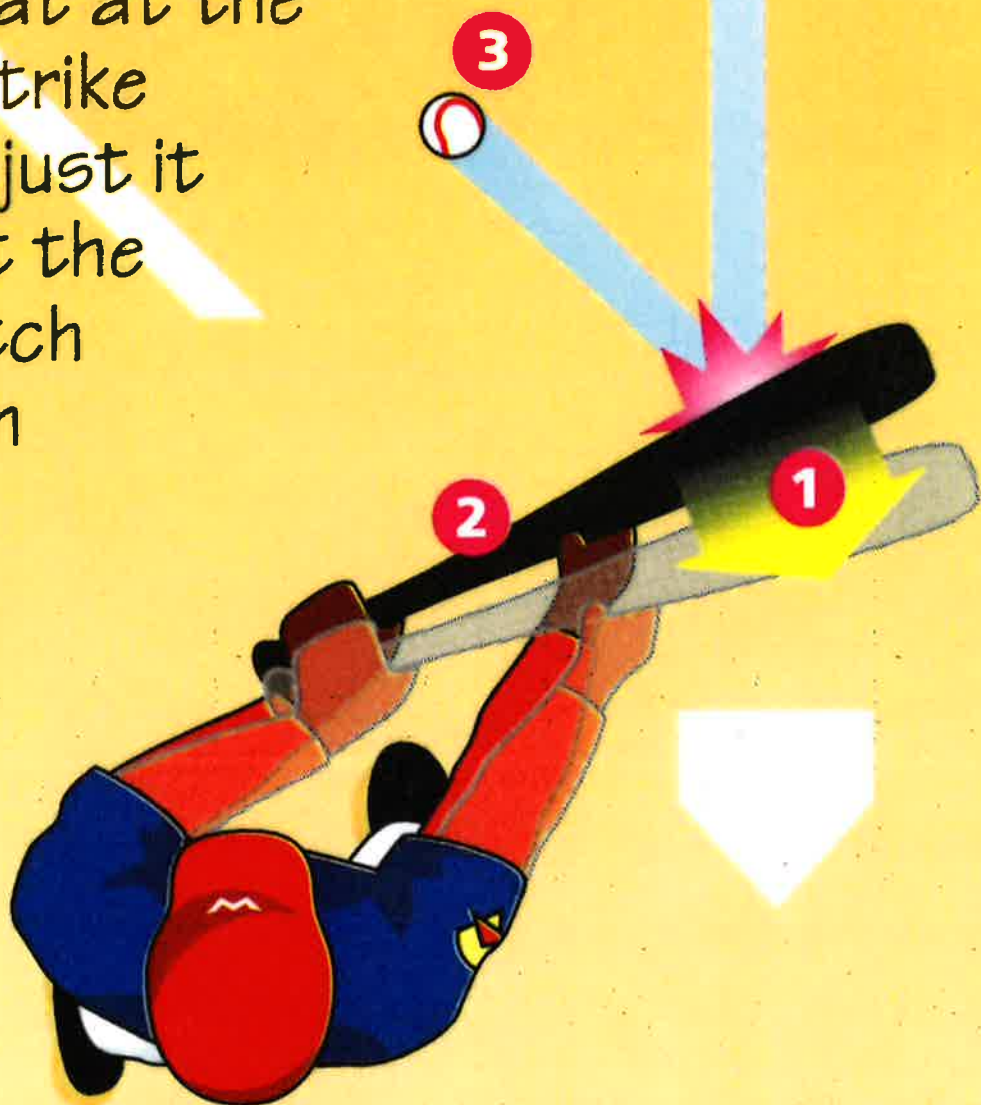
3
offset
stance



BASIC TECHNIQUE

Think of trying to catch the pitch with your bat – let the force of the pitch **1** push the bat back into your top hand. **2** Hold the bat at an angle, so **3** the ball rebounds along the foul line, not straight back to the pitcher.

Hold the bat at the top of your strike zone, then adjust it down to meet the ball. If the pitch is higher than your bat is set, let it go – it's a ball!



BUNTING FOR A HIT

When bunting for a hit, disguise your plans till the last second. Catching the defense off guard improves your chance of success.

A lefty can just **1** drop the bat head onto the ball and run. A righty must **2** get the bat head out front, by **3** squaring his hips and **4** pulling the knob into his body.

Your usual target area is 15-25 feet down the third base line, but you can also bunt down the first base line in some situations.

