

DIAMOND WARRIORS HITTING BLUEPRINT

“Be on time. Be balanced. Be aggressive.”

Our goal is to build repeatable swings that help players hit with confidence, power, and purpose.

1. Pre-Pitch Routine

Purpose: Develop focus, rhythm, and confidence.

- Step out, breathe, and consistent focal point..
- Visualize success.
- Get into a consistent, confident, athletic stance.

2. Consistent Setup

Purpose: Start strong, start the same—every time.

- Athletic stance, knees bent, slight tilt at hips, feet just outside shoulders.
- Hands are relaxed near the back shoulder.
- Eyes level, head still.

3. Balance

Purpose: Power comes from control.

- Weight centered (50/50 or 60/40).
- Head stays between the feet.
- No lunging, no drifting.

4. Coil to Separation (Load Phase)

Purpose: Store energy and prepare to explode.

- Coil into the back hip and knee.
- Front foot steps away from hands.
- Front foot lands soft and on time.
- Separation between hips and hands equals power.

5. Punch & Attack

Purpose: Drive the barrel through the zone on time.

- Lower half starts the swing.
- Drive from back big toe and knee
- Arms stay in the “power box.”.
- Intent to hit line drives with force.

6. Extension & Finish

Purpose: Drive through the ball and maintain control.

- Hands extend through the zone.
- Barrel stays in the hitting zone.
- Finish high and balanced.

Common Cues

“Hands back and set.”

“Tilt, coil and punch.”

“Knee, hip and then hands.”

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