

## 21 INEFFICIENT SAC BUNTING SYMPTOMS TO CORRECT

(Not in lethal order, and suggestions welcomed)

Note: This article is in reference to using the “level bat” method

- 1) Not having stats on how the pitcher pitches in sac situations
- 2) Not starting the body in a balanced position
- 3) Not positioning bat to easily cover the entire strike zone
- 4) Making bat contact over foulball territory
- 5) Not starting bat at armpit height
- 6) Following the path of pitch by head movement (not the eyes).
- 7) Not having both eyes set level to see the pitch
- 8) Not having a “firm” grip of bat by both hands
- 9) Reaching up and out of the zone to make contact
- 10) Reaching across and out of the zone to make contact
- 11) Reaching down with arms to make contact
- 12) Not using your knees to contact a low pitch
- 13) Needing a “recovery step” to retain balance after an attempt
- 14) Not setting an effective bat angle for contacting the pitch
- 15) Not taking bat back properly in avoiding an inside pitch
- 16) Not hiding the bat from contacting a wild pitch
- 17) Rushing the sac attempt in hopes of getting on base.
- 18) Pushing, or striking the bat into ball, rather than meeting it
- 19) Not having a plus 65% success rate in your sac bunt attempts
- 20) Not having, or using feedback to assist in correcting faults
- 21) Not knowing difference between bunting for a hit and sacrificing

If you wouldn't swing at it, then don't try to bunt it,.....but....  
don't trust an umpire if you are in a 2 strike batting count

See also the article: “The Physics in Sacrifice Bunting”

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