***C. PHASE #3 ….. Stride and Cock the Bat***

**1. Stride is locked in to the length of the bat.**

**2. Stride to the inside ball of the front foot with front heel just off**

**the ground.**

**a. You must get “ Stronger to the Ball “ and flexed front leg.**

**1.) All 6 joints in the front side stay together and take**

**you to the ball.**

**a.) Ankle Joint b.) Knee Joint**

**c.) Hip Joint d.) Shoulder Joint**

**e.) Elbow Joint f.) Wrist Joint**

**3. Front side knee, hip, and torso and will remain flexed.**

**4. Gain Momentum into the approach. Head moves to a mid-point.**

**5. BACK KNEE REMAINS ANCHORED!**

**6. Established a "POWER BASE" for the hit phases of our swing.**

**7. Hands finish load and remain back and maintain shoulder**

**alignment throughout the stride.**

**8. Lever Assembly Maintain the Box and Bat Angle and Moves into**

**a Position of Power with or without the 10 degree rule.**

**Page # 11**

***C. PHASE #3 ….. Stride and Cock the Bat***

[](http://i.ytimg.com/vi/xUwF6ejcqrw/0.jpg)

[](http://www.baseballhittingrebellion.com/wp-content/uploads/2011/05/armando-rios-back-foot-anchor.jpg)

[](http://www.baseballhittingrebellion.com/wp-content/uploads/2011/05/albert-pujols-back-foot-anchor.jpg)

**Page # 12**

***PHASE #3 ….. Stride and Cock the Bat***



***Page # 13***

***PHASE #3 ….. Stride and Cock the Bat***



***Page # 14***