400 Preece Way. Yreka, CA 96097
530-842-6151
www.yrekabaseball.com

Bunting: Sacrifice – For a Hit - Squeeze

1. Sacrifice Bunt: Giving yourself up to move the runner
    a. Grip:
        i. Top hand fingers in middle of barrel behind bat
        ii. Loose grip will deaden ball (Catch it)
        iii. Tight grip with make ball come off harder
        iv. Bottom hand move up the handle
    b. Feet and Body:
        i. Move back feet closer to the plate (Plate coverage)
        ii. Move up in the box
        iii. Pivot back leg
        iv. Weight on front leg
        v. Bend both knees (Be athletic)
        vi. Set up angle early (1B or 3B)
        vii. Bat head out in front at top of the strike zone
        viii. Body goes down to get lower pitch, do not lower bat

2. Bunting for a Hit: Drag and Push Bunting
    a. Drag – down 3B line for Righty and 1B line for lefty
        i. Drop back foot or back foot step towards home plate
        ii. Show when pitchers front foot hits the ground
        iii. Bat angle already set at 45 degrees
        iv. Perfect bunt or foul
        v. Do not let pitcher field it
    b. Push – past pitcher towards 2B for righty (lefty pushes down 3B line)
        i. Show when pitchers front foot hits ground
        ii. Bat close to chest
        iii. Elbow close to side
        iv. Walk towards 2B and push ball past pitcher

      c. Squeeze Bunt: Scoring the runner from 3B
           i. Show when pitchers foot hits ground (too early the pitcher can change his pitch)
          ii. Get the ball down anywhere (can't take pitch)
        iii. Runner takes off when pitchers foot hits the ground

3. Situation Bunting: Golden Rules but not set in concrete
    a. Sacrifice Bunting:
           i. Runner on 1B – bunt down 1B line
          ii. Runners on 1B and or 2B – bunt down 3B line. Make 3rd baseman field ball
    b. Push Bunt:
           i. Nobody on base or runner at 3B (Don't want to do it with a runner on 1B in case ball is bunted back to pitcher)
    c. Drag Bunt:
           i. Use anytime 3B is playing back.
4. Drills:
    a. One handed bunts using top hand only
    b. Hit balls into buckets down the 3B and 1B line