

Swing Analysis Checklist

PLAYER _____

DATE _____

BATS

☐ R ☐ L ☐ Switch

EVALUATOR _____

SCORE EACH ISSUE **0** No issue**1** Minor issue**2** Moderate issue**3** Major issue

HANDS / ARMS / BARREL PATH

- ☐ **Casting (arm bar or chicken-winging)**
Hands and arms push away early, creating a long path that costs bat speed and inside coverage.
- ☐ **Dropping the hands**
Hands fall early or steeply as the swing starts, often producing contact under the ball or a longer path.
- ☐ **Dumping the barrel**
Barrel drops behind the hands too soon, creating a steep, looping path and inconsistent contact.
- ☐ **Bat drag (rear elbow races)**
Rear elbow gets ahead of the hands or knob. The barrel wraps, drops, and arrives late.
- ☐ **Rolling over**
Top hand turns over too early through contact, producing weak pull-side ground balls.
- ☐ **Wrapping the bat**
Excessive barrel wrap behind the head during the load delays the swing and complicates timing.
- ☐ **Front-arm barring or drag**
Lead arm straightens too soon or trails improperly, limiting adjustability and connection.

SHOULDERS / UPPER BODY / POSTURE

- ☐ **Dropping the back shoulder**
Rear shoulder dips excessively, creating an extreme uppercut and frequent pop-ups.
- ☐ **Uppercutting / excessive loop**
Barrel works too steeply upward, often after the hands, shoulder, or barrel drop early.
- ☐ **Pulling or tilting the head**
Head and eyes leave the ball early, especially outside or when the front side opens.
- ☐ **Losing spine angle**
Posture collapses or changes sharply through rotation, moving the swing plane.
- ☐ **Reverse C**
Upper body bends into an inefficient finish that commonly produces weak contact or pop-ups.

HIPS / TORSO / SEQUENCING

- ☐ **Early hip opening / early unload**
Hips and front side open before the stride is set, pulling the hitter off the ball.
- ☐ **Weak hip rotation / arms-only swing**
Lower half contributes too little, leaving the upper body to create nearly all the force.
- ☐ **Lack of separation**
Hips and torso turn together instead of creating useful stretch between the lower and upper body.
- ☐ **No load / dead hands**
Little weight shift, hand load, or coil occurs before the swing begins.

LOWER BODY / BALANCE / DIRECTION

- ☐ **Lunging (head drift / falling forward)**
Weight surges toward the pitcher, reducing balance, rotation, and off-speed adjustability.
- ☐ **Stepping in the bucket**
Front foot moves away from the plate, costing outside coverage and balance.
- ☐ **Overstriding**
Stride becomes too long, often forcing the body to lunge or collapse.
- ☐ **Collapsing the back side**
Back leg or knee softens excessively and reduces a stable base for rotation.
- ☐ **Swaying / poor weight transfer**
Weight rocks or slides instead of loading and transferring under control.
- ☐ **No weight transfer**
Hitter stays trapped on the back side or never moves into a strong front side.

OTHER COMMON ISSUES

- ☐ **Over-swinging**
Trying to crush every pitch breaks sequence, head position, and barrel path.
- ☐ **Poor balance**
An unstable stance or finish makes timing and repeatable contact harder.
- ☐ **Fear response**
Stepping out or pulling away against velocity prevents plate coverage.

TOTAL SCORE _____ / 75

RECOMMENDED DRILLS & TIPS

Choose no more than two priorities at a time

	ISSUE / PRIORITY	DRILL, CUE OR COACHING TIP
1		
2		
3		
4		
5		