








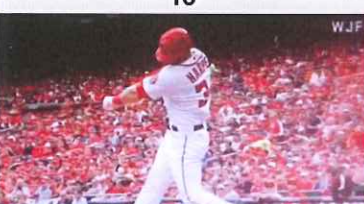





Bryce Harpers Perfect Swing

<p>1</p> 	<p>2</p> 	<p>3</p> 
<p>High Hands, Chin to shoulder, Great Balance</p>	<p>Back hip and Knee begin to rotate as hands start forward, Notice top hand stays in front of bottom hand</p>	<p>Hands begin downward path to ball, back elbow pulling into body</p>
<p>4</p> 	<p>5</p> 	<p>6</p> 
<p>Hands push forward, bat in great position above hands at this point</p>	<p>Bat now on plain of ball, Palm Up, Palm Down, look at position of legs, front leg locked, back leg "L" shape</p>	<p>Bat now travels on flat path to the ball, if late contact is made hit to opposite field</p>
<p>7</p> 	<p>8</p> 	<p>9</p> 
<p>Ball entering frame Bat is still on path, hands out in front, still palm up palm down, rotation complete</p>	<p>Contact Point is Perfect here! Way out front of foot, Great Extension. Palm up Palm down</p>	<p>After contact bat still on flat path with palm up, palm down.</p>
<p>10</p> 	<p>11</p> 	<p>12</p> 
<p>Now after contact bat starts to rise as follow through starts</p>	<p>Look at Head Down still on contact point. "Watch Ball come off the bat"</p>	<p>Head still on spot where contact was made. Perfect body balance at end of swing</p>
<p>13</p> 		
<p>Final stage of follow through, note knee, hip, shoulders, head all in line going up the center of gravity. Body behind front foot, not out over it.</p>		