

Become better Batter

I want to give aid and help coaches and parents in order to avoid the destructive hitting clichés that are passed down from coach to coach and player to player through the years.

For this reason, here are the "7 Deadly Misconceptions in Hitting".

Stay AWAY from these!

#1 - Swing Level. The fact is that one of the worst mistakes a hitter can make is trying to keep his bat level as he goes to the pitch.

#2 - Get The Back Elbow Up. If we had to throw a punch, would we have the back elbow up? If so, it would NOT be an effective punch. The elbow needs to support the hands. It cannot do this if it is above them.

#3 - Stay Back. The proper term here is not to stay back, but to START BACK. We collect our weight on the backside.

#4 - Squish The Bug. The back foot should not "spin" on the ball of the foot; the back foot should roll up on the back toe as the hips rotate toward the pitch. Front heel - back toe is the correct way.

#5 - Roll The Wrist. The correct way is when a hitter is in contact with the ball, his top hand is in adduction (like a hammer) under the bat, and it stays under the bat through extension. Does wrist-roll ever occur? Yes, when the bat is coming out of extension and is coming around the opposite shoulder at the completion of the stroke, the wrist rolls at this time.

#6 - Get The Hands Away From The Body. This is incorrect! The fact is that the hands require body support during the stroke. The farther the hands get away from the body, the weaker the stroke.

#7 - Strides in the Direction of the Pitch. Stride in the same place every time, directly ahead, with a 6 inch glide step. It is the ROTATION of the hips, not the stride, that determines the inside or outside.

The objective in hitting is to be quick with a compact stroke, making full use of body action to support the stroke.