

# VERTICAL TURN 88

---

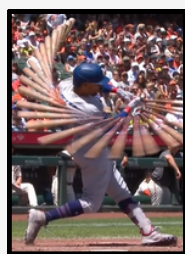
The bat generally starts in a vertical position in relation to the ground. The bat can turn in a variety of ways to its conclusion. From the umpire's view the swing almost looks like a 'figure 8'...

Vertical Turn 88

We will explore the variety of ways the bat turns. When you find the move in your swing, one where you are using leverage. One where you are minimizing the compensations (manipulations). While synching gravity and momentum to help amplify your natural strength, it's a very similar feel to getting up on a bike for the first time.



On this site we will look at practices that support hitting development, both practical and technical. In addition, we hope to look at habits of mind that support cognitive development often needed to be a confident athlete. This confidence can give an athlete the courage to try new things.



In addition, we would like to examine how these things are put into play in today's busy sports world. Many of the technical topics discussed in this site can be adapted for developing athletes in sports like field hockey, lacrosse or a new golfer...sports that use their wrists, trail elbow and lead shoulder to create direction and leverage.

Ideas discussed on this site are things to consider. Get good at the little things, like the 'controllables'. I am not at a hitting facility with the reader/hitter over a 8 week period giving feedback. Things like approach, adjustability and hitting with two strikes are partially mentioned on this blog b/c I don't have the opportunity to give you feedback. Needless to say they are very important. Discussing hitting mechanics with gen X and older is generally taboo, while some on the younger end are maybe pushing the boundaries of human biomechanics. There needs to be a place somewhere in the middle. On this site I try to identify that middle ground. Today's competition pool is deeper than ever. For example, SEC baseball today is almost like minor league AA ball when I played college baseball in the mid 90s. So the hitting preparation needs to keep pace imo.

In my experience, things like the 'controllables' can get easily overlooked. As mentioned, the theme of the site is to consider ways to minimize compensations and amplify your natural strength when hitting. Baseball's origin dating back to the 1800s had pitchers delivering balls to the hitter underhand so the ball was always hit into play. Fast forward to today, you have college pitchers hitting 105 mph. And MLB managers cycling through 6 pitchers in one game.

One inning a righty pitcher throwing a 104 mph FB, next inning's pitcher with a 97 mph cutter, and then hand it off to a lefty sidearm specialist. While softball pitchers are releasing the ball sometimes as close as 39 feet hitting mid 70s. All the while carrying the weight of 70% of their teams' innings. For a hitter there is almost no break. It always feels like you are trying to 'catch up' or maybe keep your head above water.



Tennessee pitcher  
Karla Pickens  
has hit 77 MPH



When hitting you are using a rigid lever, so it's important to consider the science/concept behind it. Would you use a screwdriver to knock in a nail? Take something like wake surfing, an activity I recently took up. When you do this water sport, no matter your skill level, you generally have one 'moment' to get up. Your counter lean, the corner of the board against the water is being supported by the boat's power. The elements have to be in agreement.

Same with striking a match or hitting better/faster pitching. At some point you can't out-athlete good pitching, a golf ball or wake surfing, you have to consider the general concept/science embedded. Wildly athletic/confident people like ARod can easily overlook/underestimate this because their minds can organize their bodies when presented with an athletic task. Most can not do this however. For an instance think about hitting like getting up on a bike, you are either riding the bike or falling. With hitting it's important to embrace a little bit of the science behind it as well as the biomechanics of the human body. You'll increase the chances to be the best version of yourself. I hope you enjoy the site.

