

Move the Arms Freely

Learn to move the arms freely in a pendulum dynamic under your chin vs the shoulders over-rotating. * Imagine the arms raising and lowering along the white line of the batter's box. While at the same time you feel your shoulders remaining pointed at home plate like the pictures included. The upper part of the front arm swings from a ball n socket joint. The arms can swing/move up to 5 times faster than the torso.



Perpetual motion

Perpetual motion...there should be three circular shapes blending together in the swing, torso- smallest circle, arms next and finally the bat. Practice letting the bat move up and down without pause Can you lift up one leg, rub your belly and tap the top of your head all at the same time? Give it a try.

The **pendulum** dynamic of your arms will help you ride momentum and keep your core stable. As a result, a counter lean between the arms and torso should start to happen. This counter lean will help stabilize the direction of the barrel forward (especially BBCOR). In addition, the pendulum dynamic helps to better predict the low point of the swing. And increases your chances of the the bat head entering the zone behind the ball.

Ideally, against stronger pitching the low point of the swing is approximately 4 to 6 inches below the height of the pitch following the general path of a pendulum.

You need a base that is solid but also feel that the soles of your feet are rolling slightly. Have a feel like stance narrower before wider. Goal...not to sway. Feel...feet under your hips. We also realize "your wide could be my narrow." Give it a try.



9 to 3 arm swings back and forth

When getting ready to hit try to imagine that initial move/tilt with your lead shoulder/arm/foot being somewhat aggressive after that you should be riding momentum. Riding the momentum wave will allow your body to naturally slow down/brace and ultimately free your arms to launch the swing at any moment. Less steering or carrying the weight of your arms. Feel the power of the arms turning your body/while the torso is holding on... less the torso towing the arms and bat.

Q: How can I maximize the speed and direction of the arms without the shoulders overrotating? your arms can swing up to 6 times faster than the speed of the torso moving

Move the Arms Freely -continued-



-train the arms to move in a pendulum dynamic

-this will help train the spine to be an anchor of sorts. the arms need stability



Imagine the WiFi symbol
-you need to develop perpetual motion between each ring of the WiFi symbol
-each is an oval/elliptical shape
-legs the least to the bat the most

Slings an ax down



Imagine slinging an ax into the grass, only using one arm, no torso, just the one arm
• lower the shoulder/arm slightly
• unfold the elbow
• wrist/hand slings the ax down all in one motion

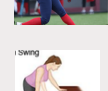
purpose: train the arm to work independently of the torso / and to unfold powerfully

Organizing Your Feet

- in your driveway toss a tennis ball 5-10 feet above your head
- track it with your eyes, stand back for a moment
- let it bounce twice
- time it, so ya catch it after the 2nd bounce
- purpose is to organize your feet and track the ball



Over the Ball



- **Behind the Ball**
 - rear forearm slinging against the stretch of the lead shoulder
 - torso pulls back
 - line drive
 - arms swinging away
- learn to swing the **rear** arm under the lead. back and forth

Drills



- these drills have value if the hitter moves well and the person flipping/flips well
- a younger hitter who is learning to 'move' would benefit doing drills like the ones above before things like this
- try not to take your 'hacks' just to take them. learn to move

Learn to Create Momentum...getting a running start

- Imagine all of your movements are in different bank accounts, if the 'forearm' and 'upper back' accounts are low in terms of strength you need to draw from the 'momentum' account. Momentum is fairly predictable.

consider this bike race scenario



- why will the black bike most likely win, even though he had a 30 foot longer race
- this **'running start'** scenario is important to move like an athletic hitter
- momentum is predictable

Control the Controllables

Question: What are manageable actions that a young hitter can repeat each at bat with minimal adult support?

Listed below are four things that you can **control** and **appear** before every at bat. Having the **goals** **appear** and the tensions at the right level will likely increase your chances of making good contact when hitting. Hitting is fairly technical and a series of **compensations** if you will. Develop a process that is **built to last** that can minimize those compensations and amplify your baseline strength. Having a pre-at-bat ritual of sorts can increase your focus and **free your mind** up to try new moves as you develop and get older. Just having the thought or image of the 'lead shoulder low' can get you to the tipping point to help deliver an efficient swing. We also realize the Texas player can find might be tricky for a good 12u player, however having the thought in your mind can get you breaking in the right direction

- **reset**
- **less of this**
- **try**
- **more of this**

H A N D S

- far from your rear shoulder or below the arm pit. avoid looking like you are gripping a backpack with top hand. If you have low hands then you need to work much higher to have those hands stretched out against lead foot
- **elbows propped up** with out the intent to pivot into the slot. elbows and arms propped up may give a young hitter a feeling of safety and strength
- **feet much wider** than hips, squaring look. 50/50 balance. If you have a wide stance you have to be able to control your torso.

P O S T U R E

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E L B O W S

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L E A D S H O U L D E R

- **shoulders parallel** with ground
- **pointed a few degrees** to right of the pitcher for righty hitters, lower than rear shoulder. helps keep the hands high, maintains an axis point with lead shoulder. And keep hands above the ball during the actual swing, a pendulum effect of sorts.
- **the image to the right** might even be tricky for a HS player, but just having the image in your head can help.
- **instead have a closed stance** to get the feeling of the lead shoulder being low

Swing Thought For Direction

- **More of This**: swinging down the line under the shoulder
- **Less of This**: over rotating / cutting across the ball

Hand Path Feels

- **lead path feel**: -a little more of this -feel the weight of the barrel releasing to the SS (lefty hitter) -slight feel of barrel delay as the rear elbow goes into the slot
- **hand path feel**: -will ok, most would be happy to do this

things that young athletes often do

- light / deep grip
- flat shoulders
- sitting a choppy with rear forearm
- shoulders over rotating / arms drop
- low hands

things that typically need training

- relaxed top hand grip
- lead shoulder
- lowering the rear elbow
- arms swinging the arms
- high hands

way less of this

- -du and up we are going to try to surrender this move

a little more of this

- -definitely an advanced feel

The Feels

Question: What is the best way to communicate hitting moves that can tap into the senses of an athlete?

It is sometimes tricky to communicate hitting positions and moves like 'hands inside the ball', because people might interpret the cue differently. Or a famous cue like 'swing down' is taught so differently across the hitting universe. However, if you frame them into 'feels' the player can often find the position on their own with deliberate practice.

Tap into your senses. At first these moves may feel counterintuitive b/c they are designed to help create, leverage speed and efficient movements. The **feels** listed below are broken down for a developing contact hitter to someone facing faster pitching at higher levels. Just doing a little bit of the 'feel' can be enough. For example, just having the **thought** of holding a phone to your ear can put your hands in a favorable position to hit and get you to that **tipping point** of sorts to deliver an efficient swing. Included are some experienced players, college or MLB to give you a visual.

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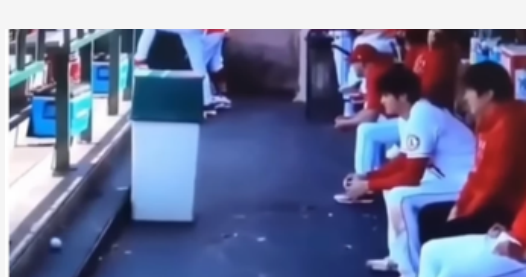
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Developing a Fondness For the Game



Try simple games like Ohtani is doing in the dugout. Softly tossing the baseball so it lands on the dugout step is not easy. This fun and basic task develops touch with your hands and sparks competition with your teammates. Growing up I spent countless hours laying on my bed trying the spin-tossing a baseball to friends. Each toss I would try make the spin more pure than the previous.

Events like this are building blocks for movement. Athleticism opens doors and bridges gaps. Athletes know how to push forward, pull back, do just enough or even fudge a move in a pinch. Learn to move dynamically and have that effortless look.

Surrender moves that feel 'safe' like a 'push'. Pushing feels precise like pushing a book across a counter to someone. Slings it across the counter with your wrist will have much more speed but might feel slightly less precise at first. Push yourself to be a dynamic mover. And yes, if you are a developing hitter in that 12u and younger age you will need to stay down and through the ball a little more.

Are you able to sit and watch three innings of a regular MLB or college softball game and appreciate the nuances of the game? This is important as it will help you think about all the subtle/underlying things that go into the game.

Spend a few minutes a night watching different games, there are countless games on the web and TV. I lose track of time watching games