

This Hitting Coach's Philosophy



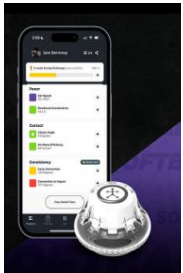
Bruce Piazza
Hitting Instructor

Twenty years plus I have trained baseball and softball athletes. Mostly between 12 and 16 u levels. Specializing in training and developing hitting skills. There is a lot of moving parts in developing an average hitter into a good hitter, good hitting into a elite hitter. The athlete must understand the core basics of hitting. SET, LOAD, SWING MECHANICS, BALANCE AND FINISH. Then the secret becomes communicating with the athlete on how to apply the basic mechanics to his or her approach to hitting. This is were the difference comes in. Though practice, repetition and good old hard work and athlete can improve their skills which will result in noticeable progress in games.

Two concepts. Build on what athlete are doing good in there swing now and make it better or maybe it is time to reinvent the swing.

My philosophy is to build trust and a long-term relationship between me and the athlete. Consistent training over time will improve the athlete's ability to consistently strike the ball hard with consistently and power.

additional training tools used in lessons to help improve hitters swing-Pro Velocity Bat – Blast



Blast is the #1 Hitting Improvement solution in the game, trusted by more pro, college ,elite travel ball and academy teams, coaches and players. Blast's swing trainer (sensor) and swing analyzer provides real-time feedback with every swing by automatically sending swing metrics, video and 3 D analysis capabilities that can be viewed in real-time on any tablet or cell phone application

become a better hitter by improving these skills

Bat Speed is the observed speed of the sweet spot of the bat at impact. The sweet spot of the bat is measured six inches from the tip of the bat.

Peak Hand Speed will occur prior to the moment of impact, very close to the commit time in the swing when the wrists unhinge

Time to Contact is the elapsed time between start of downswing and impact

Higher Power is achieved when a hitter is able to swing a heavier bat and accelerate it to higher speeds.

Exit Velocity is the speed of the ball immediately after impact, in miles per hour.

IMPROVE SWING MECHANICS

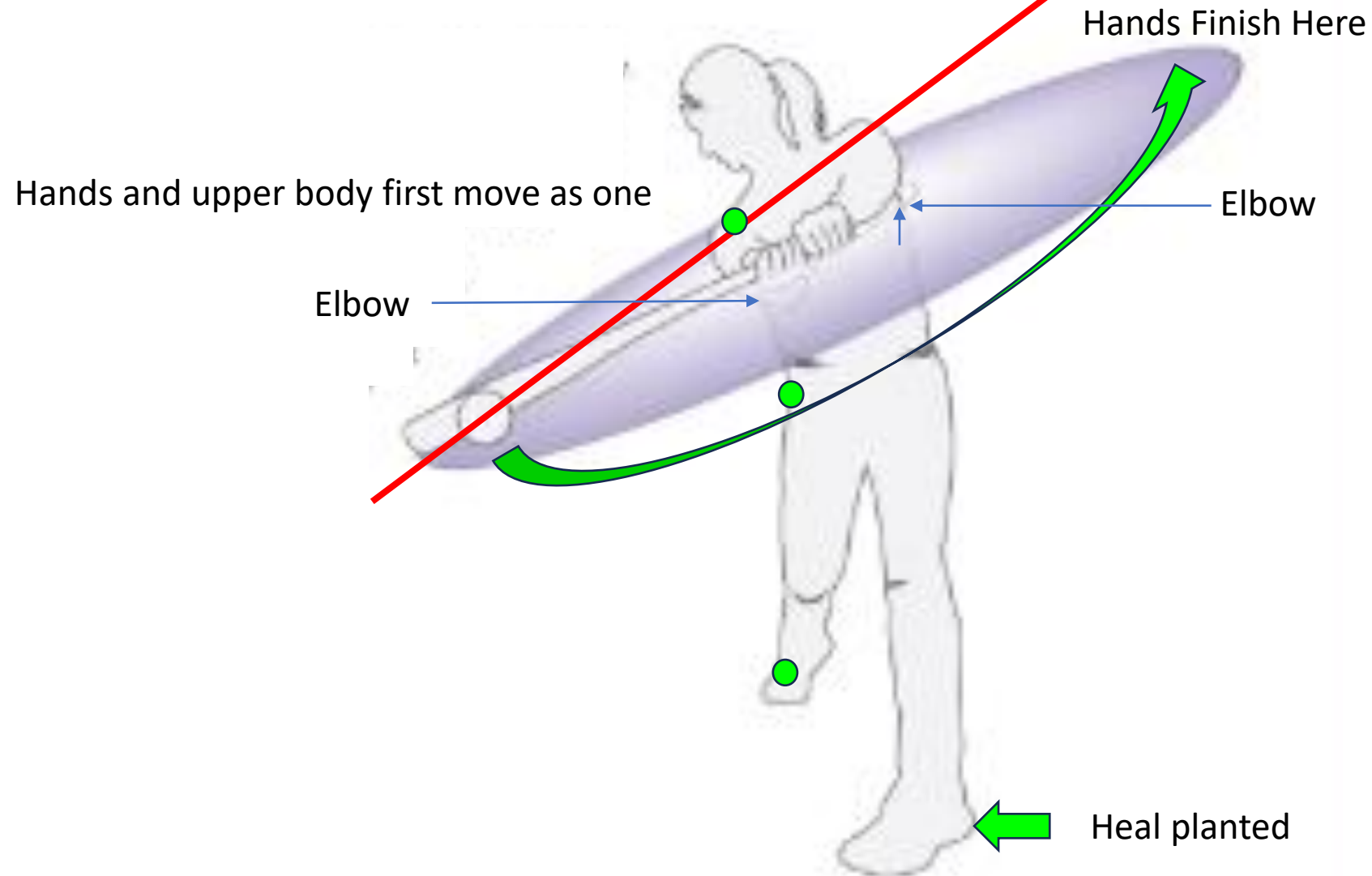
- ✓ Develops proper sequencing
- ✓ Teaches compact mechanics
- ✓ Enforces correct follow through
- ✓ Eliminates push patterns, rolling over, and casting swings



Chicago Cubs use the ProVelocity Bat to increase Bat Speed and Exit Velocity

On Plane Efficiency

Swing Symmetry



Early Connection



Early Connection measures the relationship between your body tilt and vertical bat angle at the start of the downswing. Establishing good connection (90 degrees) early in the swing helps you get on plane and increases your ability to adjust to all pitch locations.

Connection at Impact

Weight back- upper body tilt back with hip rotation



Early Connection measures the relationship between body tilt and vertical bat angle Just after the start of the swing.

On Plane vs. Attack Angle

Hitters want to match the angle of the incoming pitch with their barrel (Attack Angle) and have a good swing plane so that they are efficiently moving towards contact. (On-Plane Efficiency)

Rotational Acceleration

Measures how quickly the bat transitions from the load into rotation. Starts from the beginning of the swing until the **back elbow get's slot it**



Bat Speed vs. Rotational Acceleration

Two different batters can have the same bat speed but the batter with a faster ROTATIONAL ACCELERATION usually better hitter.

example two cars going from A to B at 65 mph both cross finish line at same time but the first car at the start was faster out of the gate.

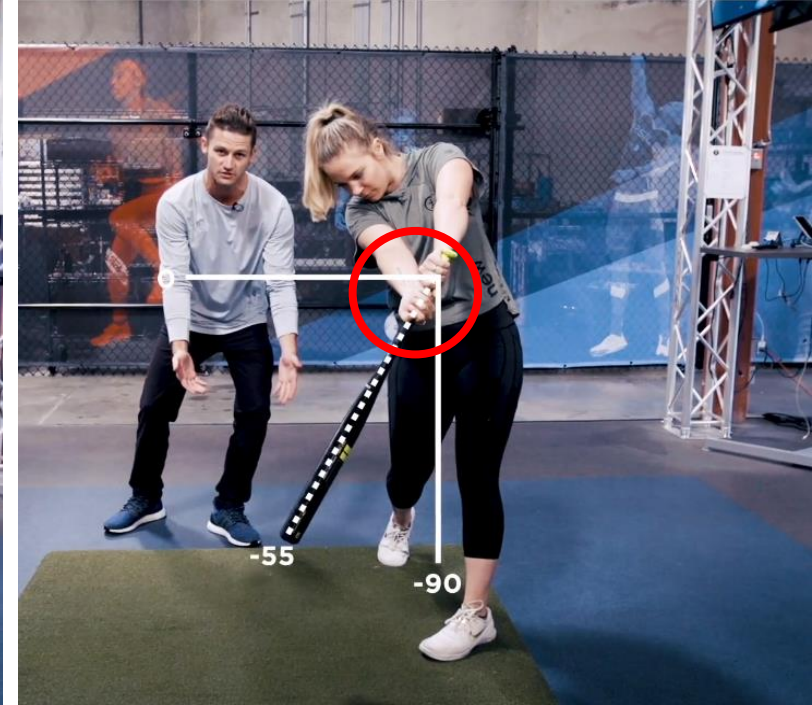


Rotational Acceleration

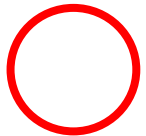


Rotation measures how quickly your bat accelerates into the swing plane. Rotation is a good indicator of how you build bat speed by sequencing properly vs. pulling the bat with your hands. The quicker your rotational acceleration, the more power you will have and the more time you have to make a decision at the plate.

Vertical Bat Angle



Vertical Bat Angle is the angle of the bat with respect to ball location



Bat angle can change –NOT HAND ANGLE

Connection at Impact vs. Early Connection

Early Connection

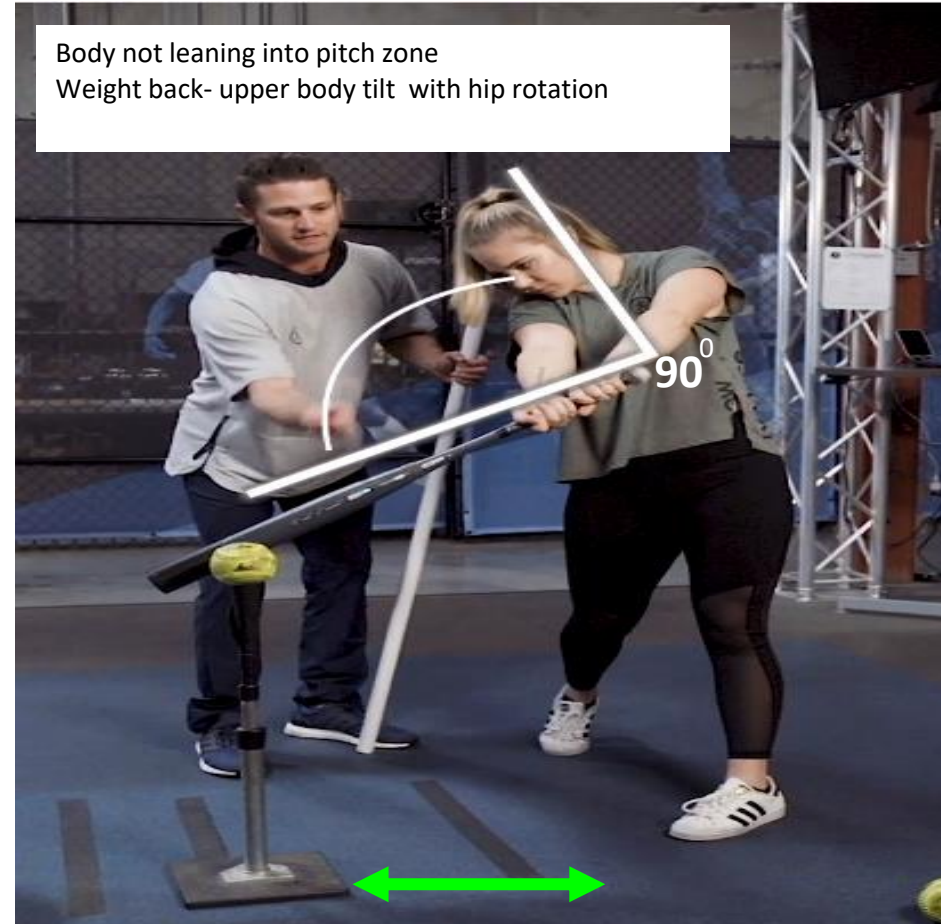
GOOD BALANCE -Hands- upper body- chest- core- hips and lower body butt and thighs INTO THE GROUND.



Early Connection measures the relationship between body tilt and vertical bat angle just after the start of the swing.

Connection at Impact

Body not leaning into pitch zone
Weight back- upper body tilt with hip rotation



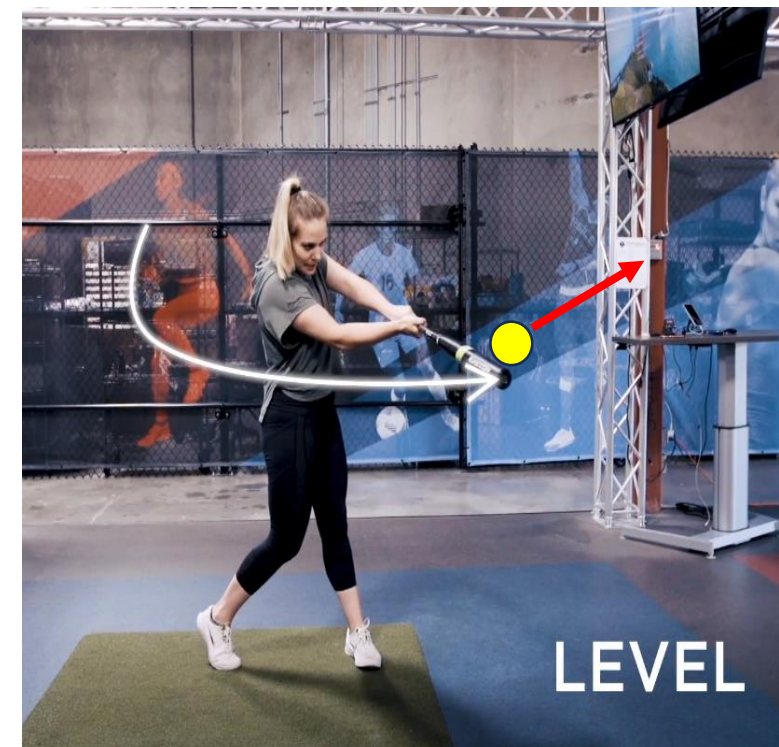
Connection at Impact measures the relationship between body tilt and vertical bat angle at impact. Early Connection measures

Attack Angle

positive value

negative value

zero is perfectly level



Depending on ball location your ATTACK ANGLE to strike the ball will change.

STRIKING BEHIND THE BALL REGARDLESS OF YOUR ATTACK ANGLE is always the hitters goal.

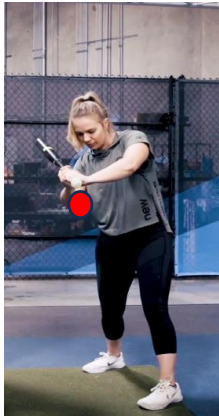
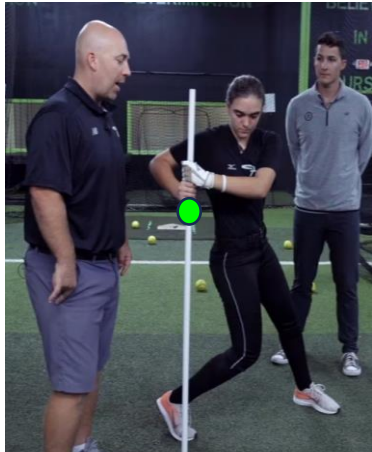
Hitters who Pop up are (STRIKING UNDERNEATH THE BALL) or hitting ground balls (STRIKING THE BALL ON TOP) happen not because of your attack angle but how you strike the ball.

Lower - Upper body Separation Drill



demonstrates the lower - upper body separation drill, which will help increase Rotational Acceleration.

Load Turn (Fury Platinum)



Hands back-hip engaged

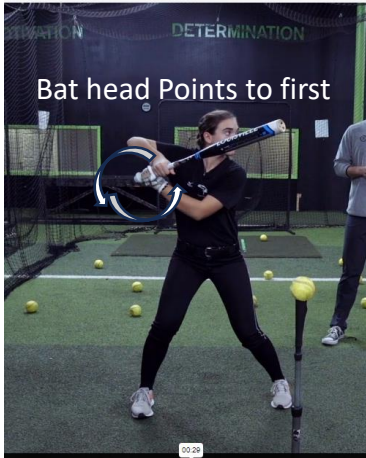
HANDS FIRST Nope !

90 Degree Load



90 degree load drill to help improve Early Connection and Connection at Impact.

Barrel Tip Drill



bat head Points to first
barrel tip drill to help improve proper body sequencing-bat path- power



U-Turn Drill



u-turn drill to help improve proper body sequencing.

Wall Drill

Bruce's favored Drill 😊



Wall drill to help player get on Plane.