

FULLER HITTING



**FULLER HITTING
CONSTRAINTS
MANUAL**

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Welcome to Fuller Hitting



Thank you so much for becoming a part of Fuller Hitting. The goal of Fuller Hitting has always been simple: help as many hitters as possible. I truly feel that the information in this manual will help you develop into a more confident and consistent hitter. As you progress through this manual, let me know how things are going through social media. I'd love to see you working on the constraints. Be sure to include [#fullerhitting](#) in all of your posts.

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What are constraints?

Constraints are positions and challenges placed on a hitter to develop new, more efficient movement patterns without a coach constantly shouting out cues. All of these constraint drills are from the launch position with the front feel down after loading. Focus on keeping a solid base with your head in the middle of your body. Before swinging, make sure that your torso is tight and you're in position to do damage. Below are perfect examples of this position.



Constraint Series

Here are five constraints. Remember that these are challenges and limitations that are put on you to develop better kinematic sequencing (hips - torso - shoulders - arms - barrel), balance, power, and consistency. The constraints can be done off of a tee or with soft toss. I recommend going through the series once off the tee and then again off of flips. 6 swings for each constraint.



1. Launch swing holds
2. 90 degree open split grip
3. Torque turns
4. Halfway home
5. Front heel up

Launch Swing Holds

- Get to your launch position and get your core tight by separating the upper half and loading the scapula.
- You should feel like you're totally ready to hit without any "slack" leftover.
- Initiate your swing in proper sequence.
- After contact, continue turning your body so your back shoulder turns all the way through center field.
- Keep your bottom hand palm up all the way through contact.
- Hold the finish to focus on moving from your big engines rather than just using your arms.



Link:

<https://youtu.be/iSoLoJmloZo>

90 Degree Open Split Grip

- Angle feet open to your pull side - SS for righties, 2B for lefties.
- Create a 90 degree angle with your feet. Your back foot will point at the plate and the front foot will be completely open.
- Just like the launch position swing hold, keep your feet planted into the ground.
- Split your grip with a couple inches in between each hand.
- Get any slack out and move in sequence.
- Try to hit the ball to the middle/opposite gap.



Link:

https://youtu.be/03_6LXtxEuo

Torque Turns

- Get to launch position and go slow motion to contact.
- Focus on moving in proper sequence to contact.
- From contact, slowly go back to your launch position.
- As you slowly go back, get your core tight and ready to hit.
- Once you get to the top of your load and feel tight, pick up your front foot to initiate your forward move and swing.
- Swing through and fire a seed to center.



Link:

https://youtu.be/qfAnE7ieF_U

Halfway Home

- Start from your launch position. Focus on keeping a bend in your knees and your head in the middle of your body.
- Get your core tight and ready to hit.
- Once you've reached the point of total tightness with your shirt getting tight on the front of your body, explode and focus on hitting a line drive through center.
- Swing all the way through.
- As always, focus on moving in sequence: hips, core, shoulders, hands, bat.



Link:

<https://youtu.be/IP8kxMB73-A>

Front Heel Up

- This is virtually the same as the Halfway Home drill, but now you're getting to launch position with your front heel off the ground.
- Get the slack out of your torso.
- Once you're ready to pull the trigger, slam your front heel down and let the back side fire through.
- Stay behind the ball as you turn.
- See how fast you can slam your front foot down and swing in sequence.
- Follow through fully with your back shoulder through center.



Link:

<https://youtu.be/tAjXq0bhSuc>

Summary

I hope this free manual has provided you with a lot of value! Adding constraints to your training will help you tremendously, but remember that this is just a piece of the puzzle. Your training should include far more than just constraints. If you want a full training program, be sure to check out my full ebook: "[The Line Drive Handbook](#)," which is detailed on the following page.

Thank you again for being a part of the Fuller Hitting family! Be sure to follow all things Fuller Hitting on my Instagram page [@FullerHitting](#) and my website [fullerhitting.com](#). Keep working hard and crushing!



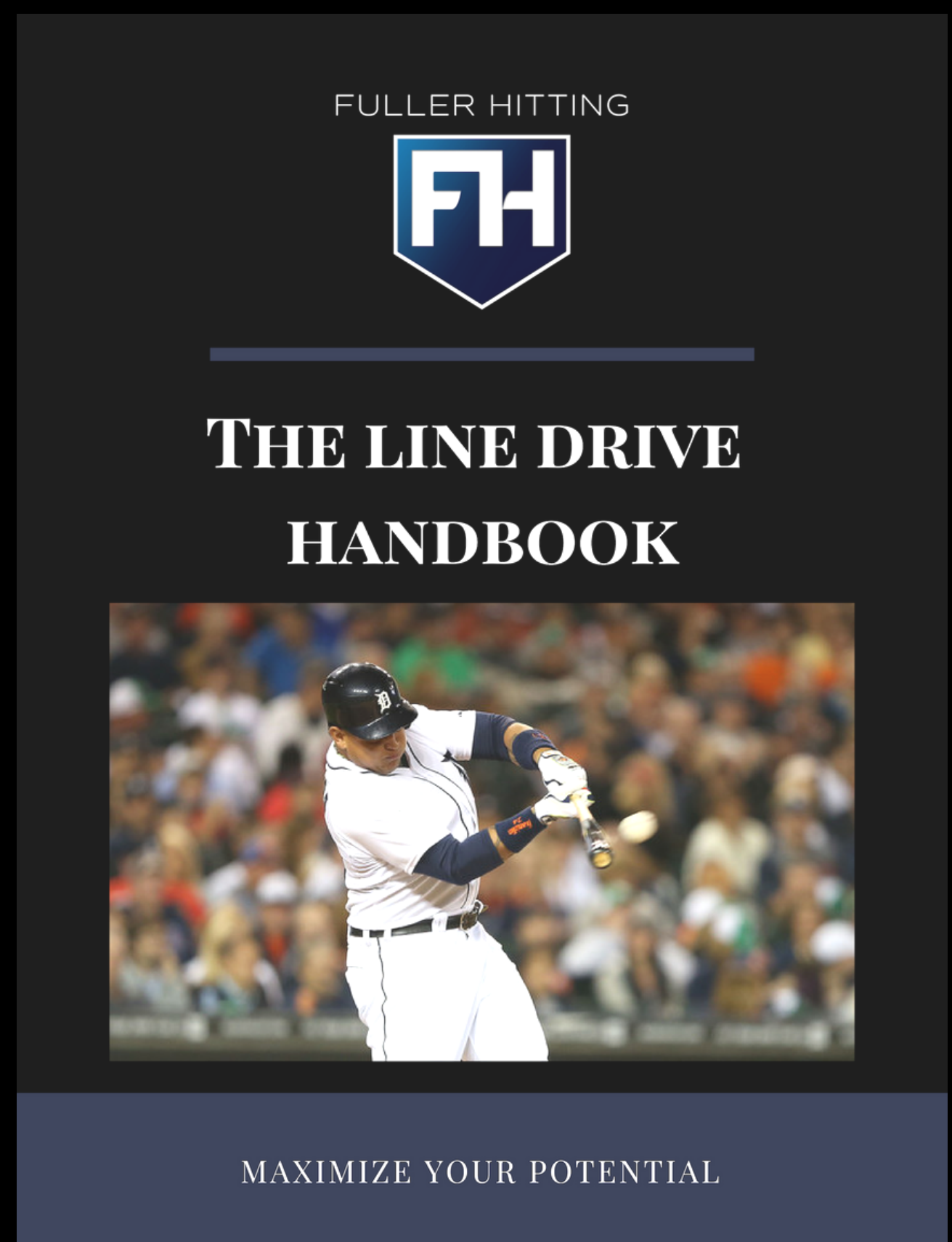
"The Line Drive Handbook"

I'm always asked what my hitting sessions look like. I've decided to answer that question through "The Line Drive Handbook." The goal for my hitters is to hit hard line drives, regardless of who is on the mound. While each hitter is unique and needs individual work, the drills, constraints, and movements in "The Line Drive Handbook" will help any player get their swing locked in.

"The Line Drive Handbook" includes [36 pages](#) and [27 videos](#) with the following points of emphasis fully detailed:

- mindset
- hip mobility work
- PVC patterning
- medicine ball throws
- the constraints from this manual
- full tee and soft toss series
- hitting off of velocity

If you want to get a swing that produces line drives on a more consistent basis, this is the hitting program to get your hands on. Click the link below to buy "The Line Drive Handbook."



[Click here to go to "The Line Drive Handbook"](#)