

HITTING WORKSHOP

Quote from Tony La Russa's father – "The harder something is to do, the more simple you must make it"

Introduction:

- Why is hitting a baseball the hardest thing to do in any sport? (use golf example)
- When does hitting preparation start
- Aluminum bat VS Wood Bat
- Mental approach to hitting – the more prepared you are the more confident you will be
- Breathing – relax the body and mind

Foundation of the swing (building your house from the foundation up):

- Choosing a bat – 10 to 15 swings – see who is swinging who
- Get in the batter's box back foot first
- Foot placement and alignment in batter's box

- Lower half balance/staying square
- Foot work and flexion
- Hand placement/
- Head placement/must have both eyes on the pitcher
- Rhythm – no stopping – continuation of the swing
- Load/separation (load to backside)
- Weight transfer
- Hip/lower half explosion/recap
- Timing
- Mechanics of a swing/staying through the ball
- Putting it all together/YOU ATTACK !

Becoming a Professional hitter

- Good hitters share several characteristics (being able to hit the fats ball)
- IF YOU FEEL IT YOU CAN FIX IT/KNOWING YOUR OWN MECH.

- Using video – but don't over analyze and become robotic
- Look fastball and adjust to others
- Being in control of your own AB's

Some notes/talking points if we have time:

- Lower half function is twofold want to load into backside and
- Not creating power by spinning. Drive backside through
- Hitter needs to feel direction and drive.
- Barbell in the zone and through the zone for as long as possible