

Hitting Philosophy

Our goal is to teach players the most consistent approach in order to make the most aggressive swing possible each time. To that point, our players recognize that the best "pitch" is defined by whatever they can offer their best swing to.

For that reason, we strive to communicate the overall benefits of the Rotational Swing. The Rotational Swing allows for the bat head to travel for a greater period of time on the same path as the pitched ball increasing the likelihood of success.

Basics of Rotational Swing:

1. The "Load" begins the swing with a short step with the front foot for balance, landing on the front pad of the foot, as the hands come back very slightly.
2. As the hands come back into the "load", the shoulders turn slightly away from the pitcher creating torque.
3. The back leg breaks slightly to load the big muscles of the body for explosion.
4. The heel of the front foot plants starting the pivot of the hips.
5. Hips explode open - rear knee pushes slightly forward, driving the back hip open while the front leg straightens driving the front hip back.
6. As the hips uncoil power is transferred through the midsection to the upper body.
7. This transfer to the upper body results in the shoulders "pulling" the arms through extension into the hitting zone. KEY: Hands stay CONNECTED to the shoulder till the last moment for maximum power. Bat handle does not commit to swing plane until belt buckle/belly button is pointing directly at the pitcher or the ball.
8. The knob of the bat drives to the center of the ball leaving the bat barrel behind the hands. Hands and bat handle are propelled towards the ball.
9. As the lead hand reaches full extension, the hips continue to push the hands forward becoming the pivot point.
10. Bat head pivots around the hands as rear hip continues through, leading the top hand forward causing the snap of the wrists allowing the bat head to rapidly accelerate on an arc to meet the ball.
11. Full extension of the arms finishes the swing in a natural manner.

Here are a couple of You Tube videos worth looking at. Please check with your parents before accessing the internet.

What is Rotational Hitting - <http://www.youtube.com/watch?v=ML21-Z1JbA>

Manny Ramirez - <http://www.youtube.com/watch?v=4e7p6nvA6po&feature=related>