



HITTING IN THE YEAR 2018

MOVEMENTS OVER POSITIONS

LOAD:

WHAT IS IT

HOW DO I GET THERE & WHAT IS SUFFICIENT

HOF HITCHers!

STRETCH:

TIMING

- a. When to get it started
- b. Adjustment built in the “tee swing”
- c. Adjustments on the fly

DELIVER THE KNOB:

BASEBALL SWING ... IS LONGER?

TEE FIXATION

GET YOUR SWING PATH TO MATCH THE BALL PATH

DELIVER THE BAT HEAD:

WHY SHOULD I HIT TO OPPOSITE FIELD...Cut diamonds

DRILLS TO DEVELOP THE MOVEMENTS

PRACTICE LIKE A “FREAK”