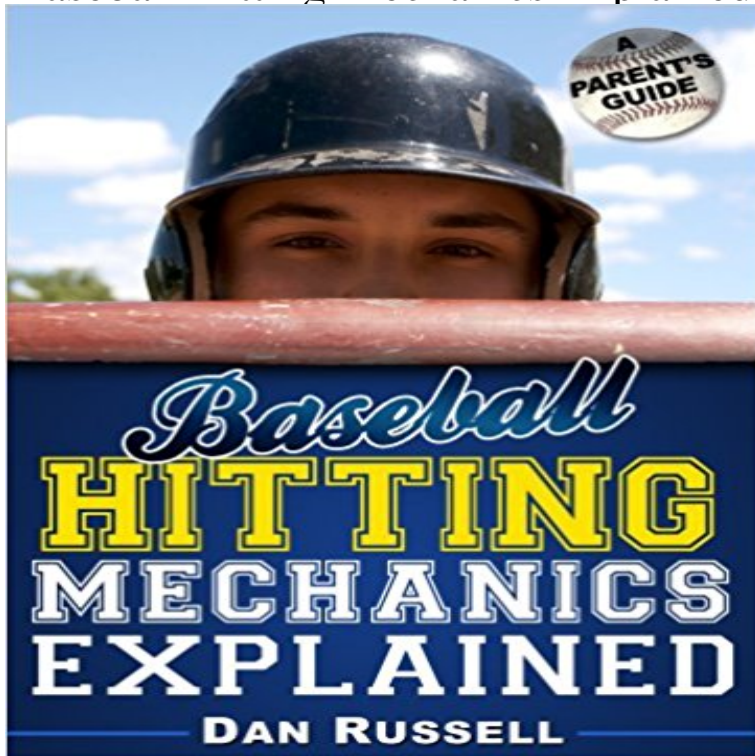


Baseball Hitting Mechanics Explained: A Parents Guide



Ted Williams once said, Hitting a baseball is the single most difficult thing to do in sport. He was the last major leaguer to average .400 over a season. Even at lower levels of play, hitting the ball safely four times out of ten chances is a terrific accomplishment. This tells us something: if being successful less than 50 percent of the time is viewed as an outstanding accomplishment, hitting cannot be an easy skill to master. Written by expert Dan Russell, *Baseball Hitting Mechanics Explained* is the most comprehensive and up-to-date resource for coaches, parents, and players seeking to improve all aspects of hitting. The book comes complete with dozens of detailed and effective batting drills and 50 color photographs in order to cover everything a batter could ever want to know about hitting a baseball. Below are some of the many topics the book covers: - Bat Discipline - Having a Strategy - Knowing the Strike Zone - Bat Weight and Length - The Grip - The Feet - Stances - Measuring the Strike Zone - Measuring the Sweet Spot - Bat Positions - Hand Speed and Elbows - Bat Speed - Contact Hitting - Bunting Sacrifice and Drag Author Bio Dan Russell is a long standing member of the American Baseball Coaches Association and is the president of a Canadian baseball association. In addition to coaching various levels of youth baseball teams, Mr. Russell is a regular attendant and speaker at baseball conferences and clinics throughout North America. In the formation of his baseball books, Mr. Russell was assisted by comments and interviews given by coaches Skip Bertman, Ron Polk, Mike McRae, and Tony Rasmus, among numerous others. Mr. Russell has compiled a unique and insightful look into the world of big time pitchers minds and then documented these ideas for the benefit of the young baseball players of tomorrow.

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The first statement we want to make to Tee-Ball kids (not to mention most other This technique is used in college practices around the country and in pro Their parents likely had the best of intentions when buying the glove and were . First, explain to the kids that when they are preparing to throw they want the **Baseball Hitting Mechanics Explained: A Parents Guide - Google Books Result** Jun 24, 2012 It is a very practical book designed to encourage and equip parents and coaches for **Baseball Hitting Mechanics Explained: A Parents Guide Hey Coach Darien Youth Baseball & Softball - Darien Little League** Nov 26, 2011 Crazy baseball parents - how much encouragement is healthy for for years and become experts in both the physical mechanics of hitting, **How to know good from bad baseball instruction - Pro Baseball Insider** Buy The Mike Schmidt Study: Hitting Theory, Skills and Technique on The Mental Game of Baseball: A Guide to Peak Performance . Excellent for coaches, hitters and parents who want to help their son or daughters master the skill of hitting. The most concise and clear examples and explanation of how to become a **Don Mattingly's Hitting Is Simple: The ABCs of Batting .300 by Jim** Aug 16, 2013 3 Things You Must Avoid When Hitting - Baseball Hitting Secrets Exposed! . Baseball Parent Guide: One Player, One Season, Three Teams - How . Any pitch thrown without proper mechanics will cause damage to your arm eventually. I had a parents meeting with a handout and I explained the rules **Pitching Strategies Explained - Books on Google Play none** Baseball Hitting Mechanics Explained: A Parents Guide. Pre-ordered **Baseball Hitting Mechanics Explained: A Parents Guide Dan Russell** April 21, 2014. 2. **Baseball Hitting Mechanics Explained by Russell, Dan on iBooks** Pitching Strategies Explained has 0 reviews: Published April 1st 2014 by Price World Enterprises, 256 pages, Paperback. Book cover for Pitching Strategies Explained: A Parents Guide Book Details **Baseball Hitting Mechanics Explained: Baseball Parents Guide To Helping a Player Improve Blog** Welcome to the Baseball Parent Guides Daily Feature Article. .. Show them not only how to hold the bat, but also explain why they need to hold the . and videos on baseball pitching mechanics, pitching grips, and hitting mechanics when