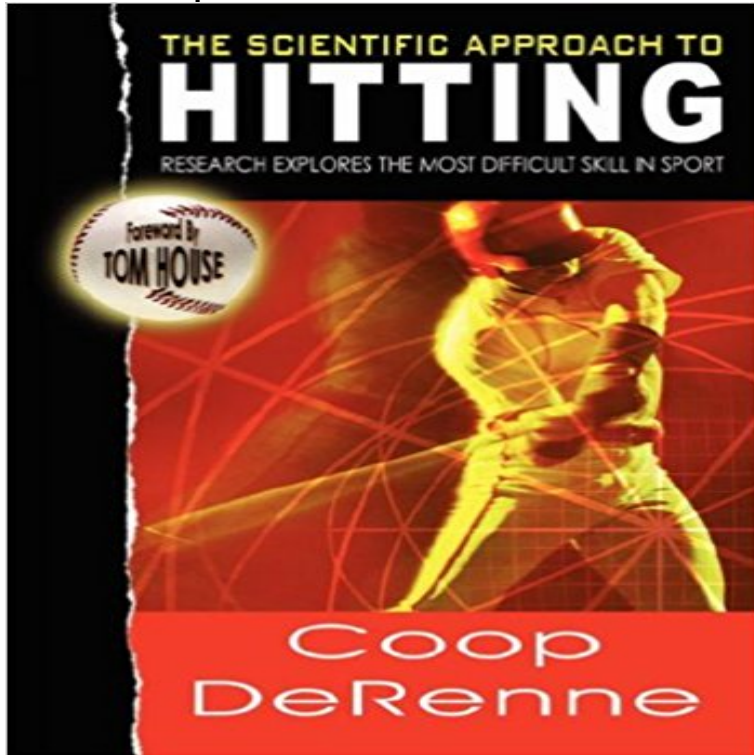


The Scientific Approach to Hitting: Research Explores the Most Difficult Skill in Sport



Coop DeRenne combines his personal experience as a third-generation professional baseball player with his professional expertise as the country's foremost baseball researcher to present *The Scientific Approach to Hitting: Research Explores the Most Difficult Skill in Sport*. The book challenges the traditional view that better hitters make better hitting coaches and theorists by applying a scientific analysis to the core components of the swing. DeRenne, in conjunction with Bio-Kinetics Inc., utilizes three-dimensional graphic imaging technology to break down the sequence of movements and balance shifts that must occur in order to create the ideal swing. Using over 600 players at varying levels of competition as test subjects, DeRenne's research has deciphered the subtle intricacies of hitting. The text introduces DeRenne's four absolutes to hitting: Dynamic Balance, Kinetic Link, Bat Lag, and Axis of Rotation. The four concepts are demonstrated graphically and with examples in picture of some of the MLB's all-time greatest sluggers, providing a chance for readers to better understand the science of hitting while applying it to their own swing. DeRenne's methods are used and praised throughout the world of professional baseball and give a competitive advantage to coaches and players at the high school and collegiate level. *The Scientific Approach to Hitting* makes sense of the hardest skill in all of athletics and will have readers running home to reevaluate and improve their game.

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