



2012 BATTING PROGRAM

Thanks for having your son attend this past Sunday.

To be successful this process requires that we start with the basics, and the player practice at home. We've tried to break it down to simple parts so it can be done at home. Please take part in the process. It will not have an effect if it is only done once a week at workouts. Remember **Perfect Practice makes Perfect**. Do it slowly and properly.

HOMEWORK

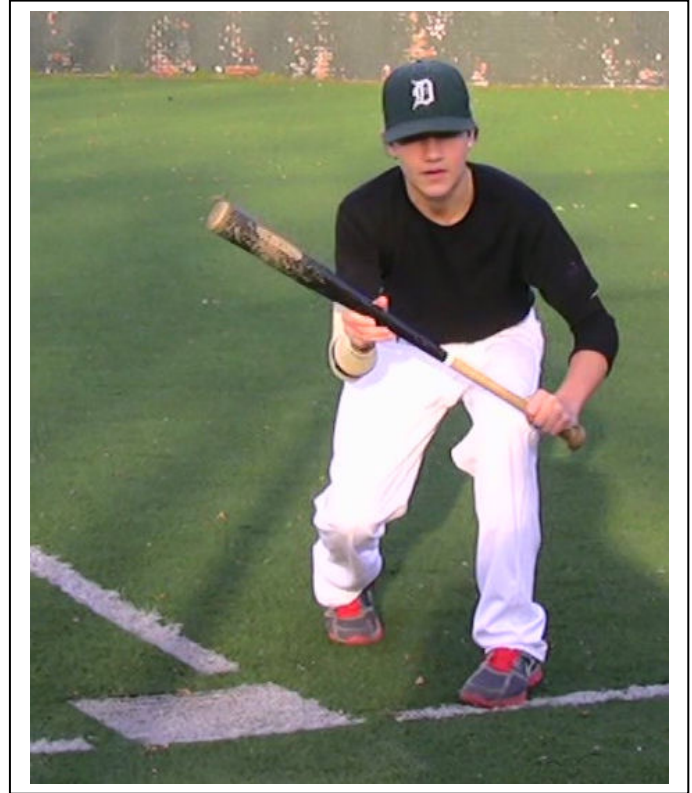
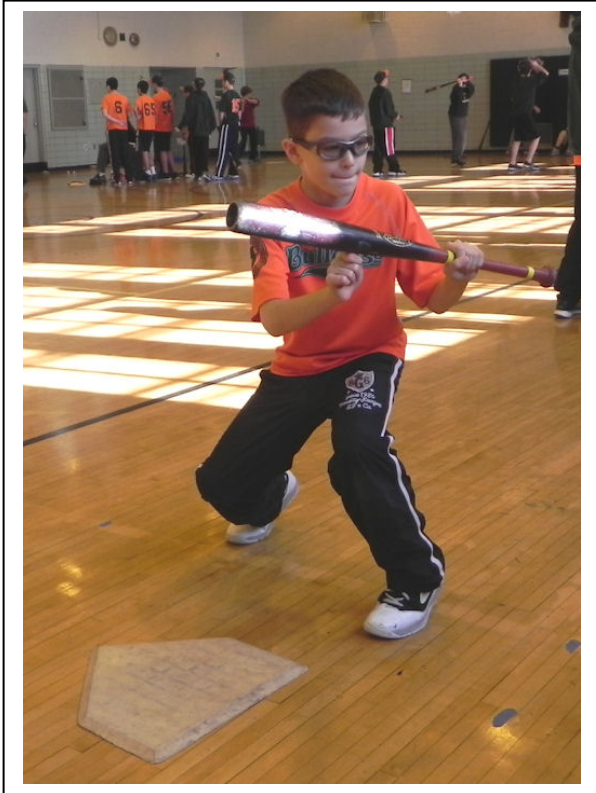
1. Core Strength – Hold the push up position for as long as possible, increasing the length of time weekly. (Do four reps each session.)
2. Balance – hold the batting launch position with the weight on the back foot with the front foot off the ground for as long as possible. Do multiple reps (at least three) trying to get each rep up to one minute. No wobbling.
3. Practice the Launch Position in front of a mirror daily. Use the following picture and your son's picture (that you can download from flickr.com – instructions are below) as models. The players' pictures are close but the Beacon below picture is best. Have your son look at both and discuss the differences. Step away and then slowly back into an imaginary batter's box in front of a mirror ten times each time you practice it.



4. Swing the bat – In the launch position, close your eyes and wiggle it slightly with your hands only to feel the sweetspot. Once you feel it, the next move should be forward (do not cock back), throwing the sweetspot at the ball. Practice wiggling the bat to feel the sweetspot and throwing it at an imaginary ball. Do 10 swings each session.

5. Practice Assuming the Bunt Position from the Launch Position (move quickly from the launch position to the bunt position) Repeat this 10 times each session.

It was interesting to see how difficult it was for most of the kids to assume that position, so most of the pictures don't accurately portray the position. I've chosen the following one as a model, however the top hand should be a little further up the bat at the sweetspot:



Here is a description of the bunting position from which to work:

Weight distribution & foot position: 70% front foot, rotated towards 1st base; 30% back front which moves slightly back (not back towards the catcher, back towards the 3rd base dugout – for a lefty the opposite with the back front towards the first base dugout) so that the feet are pointed towards first base

Bat Position: At the top of the strike zone (armpits), tilted slightly up, hovering just in front of home plate and close to the body

Hand Position on the Bat: Top hand in a thumbs up position (fingers clenched with thumb up) with the sweetspot resting on it, bottom hand in a regular bat grip up to the taped line we placed on the bat

Head and Upper Torso: Head and back straight, both eyes facing the pitcher

Lower Torso: Knees highly flexed to reduce the size of the strike zone.

Movement to the Pitch: Let the bat “catch the ball” on the sweetspot – don't push hard at the ball; adjust to different pitch levels using the knees only: the distance between the eyes and the sweetspot should not vary regardless of where the pitch is. Let the knees/legs do the work.

Youtube video of Alex Rodriguez

Please also look at Alex Rodriguez work with Yankees Pitching coach Kevin Long in two youtube videos. The purpose is to see how smooth and rhythmical the swing and weight transfer is (which is not as much as we ask, but he is an elite athlete), and the downward trajectory of the swing.

Insert the following in the search box:

Pro Hitter's Workout with Kevin Long & Alex Rodriguez (Clip 1)

Pro Hitter's Workout with Kevin Long & Alex Rodriguez (Clip 2)

How to download pictures from flickr.com

Open your browser and go to: www.flickr.com

- 1/ in the search box in the upper righthand corner type: batting positions
The pictures should appear, if they don't insert the same words in the search box on next screen and select "Tags Only" to the right of that box, then hit enter.
- 2/ Find your picture – it is easier to see them if you select "Medium" to enlarge them on the screen
- 3/ Click on your picture, click on it again and in the next window the picture should appear with a black background, in the upper righthand corner select "View all sizes"
- 4/ In that window in the Sizes section in the center of the screen, select the size you want – probably Large
- 5/ Then in the Download section in the center of the screen, select "Download the [size you choose] of this photo. It will download to your computer's Download folder.

The model picture of the Beacon player is among them, so you can also download that picture, or simply print the first page of this handout.