

JOHN TSCHIDA - UNIVERSITY OF ST. THOMAS HITTING

Our Goal in Hitting:

Consistently Achieve Maximum Force with Minimal Effort!!

- 1) Force: Bat Speed & Square Contact**
- 2) Efficiency: No extra movements taking time & effort**
- 3) Large Margin for Error: Short to Long**

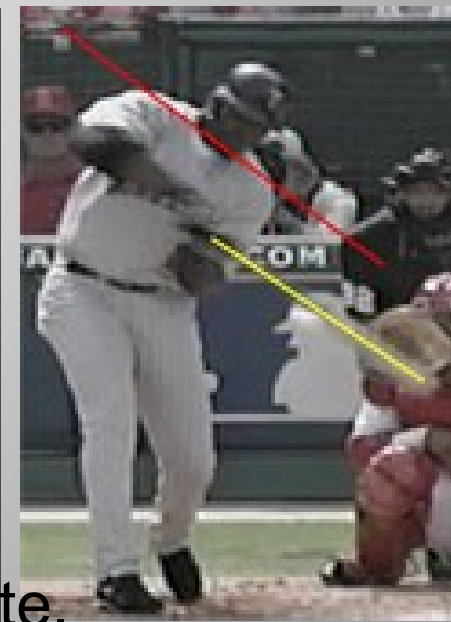


THAT IS THE EASY PART
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SHORT TO ZONE, BUT LONG THROUGH IT: BALL ON A ROPE



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**THE "EASY" PART: IS THE SWEET SWING WITH POWER
IT WOULD WORK IF THE BALL WAS SITTING ON A TEE, BELT HIGH**

**WHAT'S THE HARD PART:
1 SWING IN 1 LOCATION STARTED AT THE SAME TIME IS LIKE:
A PITCHER WITH 1 PITCH, IN 1 SPEED & 1 LOCATION**

**THE KEY:
MENTAL & PHYSICAL ADJUSTMENTS ON THE FLY**



**BB Has More time
to adjust on fly,
But we still have time**



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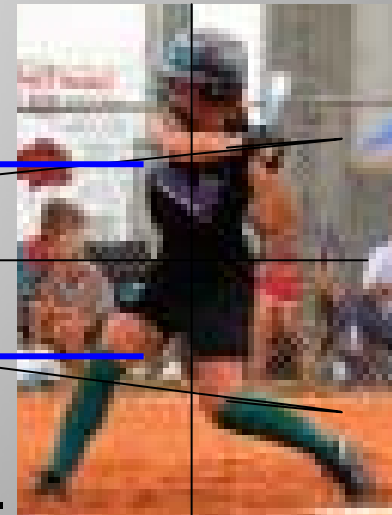
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MATCH THE SWING PLANE WITH THE BALL PLANE



**BACKSPIN &
CAR COLLISIONS**



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2 PARTS OF THE SWING

(1) PREPARATION

Stance through Toe Touch
Timing Differs for Everyone
Slow to Fast

(2) SWING



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Key Positions

- **Stance**
- **Load**
- **Unload - Separation**
 - Toe Touch
 - Heel Plant
- **Connection**
- **Bat Lag**
- **Contact**
- **Extension**
- **Follow Through**

Stance

- **Athletic Position**
- **Ability to Maintain some Movement**
- **Plate Coverage**
- **2 Eye Look at the Pitcher**
- **Problem rarely in the stance**
Exceptions would be:
Too wide, Too close, Too far!

Variations include Positioning of the:

- 1. Feet**
- 2. hands**
- 3. Positioning in the box**



LOAD

- **Weight shifted into back leg**
- **Torso Turn**
- **Attacking Posture**
 - Head Ahead of Naval
 - Knee inside the foot
- **Initiated By a Heel Lift**
- **Varies from Hitter to Hitter**



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UNLOAD

- **Linear Move that Generates Energy**
- **Live and independent hands**
 - **Moving Independent of Shoulders & Hips**
 - **Separation of hands and hips**
 - **Elbow Separation**



Toe Touch/Heel Plant: Launch Position

- Ready to Swing
- Foot approx. 45 degrees
- Equal Bend in Knees
- Hips Square to Plate
- Shoulders turned in and less than 12 degrees



TOE TOUCH/READY POSITION

- Hands end up in strong throwing position – even or behind back elbow
- Hands even or inside front elbow
- Bat Angle tilted toward head
- Attacking Posture
- Bend and Bend (creates room for hands and arm to swing)
- 51% of weight into front side (Line down from inside eye right in middle of the feet)



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FIRST MOVE

Sound first move enables you to make efficient adjustments to the location of the pitch

- Elbows work independently
- Back elbow initiates swing & picks up front elbow
- Hands even/inside front elbow for 1st few inches
- Back elbow skips a rock & front elbow frisbee



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ROTATION

- Begins between Toe Touch & Heel Plant
- Initiated by Back Elbow
 - Skip a rock (Prove it to your self)
 - Hold Hands (Hips First)
- Weight into front-side firmly planting Heel



HEEL PLANT

- Posture reverses
- Front hip is axis for rotation
- Head stops forward movement



CONNECTION

- How we measure addition
- Elbows/Hands in line with stripe of the pant
 - Angle of the Bat



BAT LAG & BAT RELEASE (ENERGY)

- Point where bat enters the Strike Zone
- Hands in front of center of gravity (Line down from inside eye)
- Bat head on plane & ready to release energy



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CONTACT



- Triangle with arms & Eyes
- Elbow above hands /hands above barrel
- Wrist straight – palm up – palm down
- Front leg firms up – Hips stop rotation
 - Rotation of the hips takes the bend out of the front knee



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CONTACT

Optimal angle – 90 degrees / forearm to bat

- Eyes parallel to angle of bat at contact



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EXTENSION

- Arms fully extended through the Ball
- Full extension of arms



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FOLLOW THROUGH

- Finish with hands around back shoulder or higher
- Rolling of the wrist
- Let go with top hand
or
Hold on (happens well after contact)



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THOUGHTS:

- Stay over the Ball!
- Stay inside the Ball!
- Stay through the Ball!
- Stay Behind the Ball!



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ADVANCED HITTING: Learning to Hit Various Pitches for Line Drives



**On Time
- Inside**

Square Contact

Knee Points at Ball

Firm “Vertical” Front Leg

Line Vertical Line from Back Knee to Shoulder

Axis Maintained (Spine)

Unlocking Sequentially (Lats, Elbow, Wrists)

Past Connected but short of extended

Head On Ball

Bat angle duplicates Shoulder Angle

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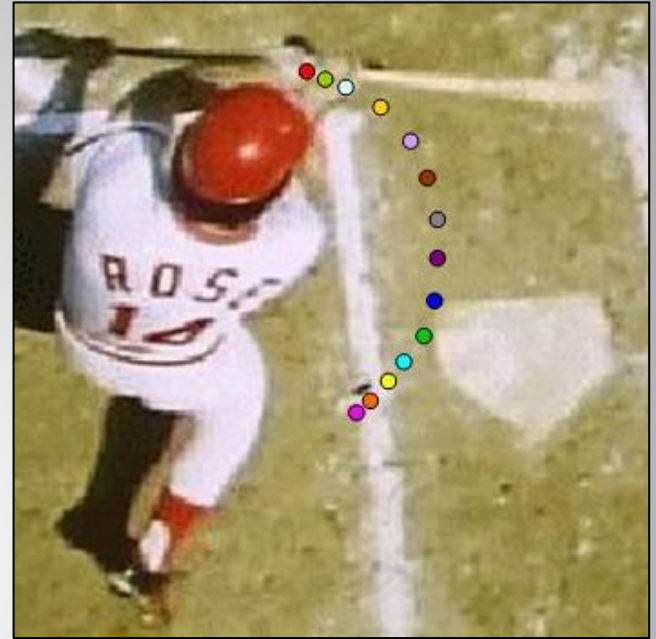
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