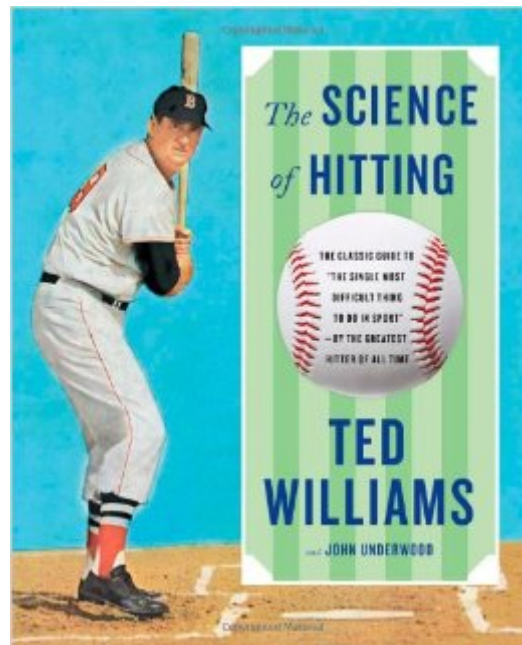


The book was found

The Science Of Hitting



Synopsis

Now fully revised with new illustrations and diagrams, the classic "and still the greatest" book on hitting from the last baseball player to break the magic .400 barrier, Ted Williams. Ted Williams was arguably the greatest pure hitter who ever lived. A lifelong student of hitting, he sought advice from every great hitter "and pitcher" he met. Drawing on that advice, as well as his own legendary life in baseball, Williams produced the all-time batting classic, *The Science of Hitting*. Using its detailed illustrations, anecdotes, and concise coaching, players of all skill levels will learn how to improve their fundamentals and gain keen insights into the finer points of hitting, including: -How to Think Like a Pitcher and Guess the Pitch -The Three Cardinal Rules for Developing a Smooth Line-Driving Swing -The Secrets of Hip and Wrist Action -Pitch Selection -Bunting -Hitting the Opposite Way *The Science of Hitting* is a must-read for all baseball players looking to improve their turn at bat and for all coaches and parents teaching the sport.

Book Information

Paperback: 96 pages

Publisher: Simon & Schuster; Revised edition (April 29, 1986)

Language: English

ISBN-10: 0671621033

ISBN-13: 978-0671621032

Product Dimensions: 7.4 x 0.3 x 9.1 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (207 customer reviews)

Best Sellers Rank: #14,532 in Books (See Top 100 in Books) #2 in Books > Sports & Outdoors > Coaching > Baseball #14 in Books > Sports & Outdoors > Baseball #32 in Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

This book is "must-have" reading for any aspiring slugger or student of the game of baseball. Be aware, however, that the book's value does not lie in the specifics of technical hitting instruction. This is much more hitting "theory" as relayed by Ted Williams from his years of experience. There is little, if any, practical detailed instruction on developing mechanics for swinging the bat. On one hand, the book is absolute gospel; I don't think anything in it could be seriously disputed, and to do so is to question the genius of a man whom baseball history shows to be one of the greatest hitters (and philosophers of hitting) that has ever lived. On the other hand, for Ted Williams to offer his

personal philosophy and methods for hitting is similar to Tiger Woods trying to teach someone how he hits a golf ball. It might be great information for the rare few that can in some way duplicate Ted's or Tiger's physical abilities, but for a vast majority of players (especially very young players) who lack power, 20/10 eyesight, and one-in-a-million type hand/eye coordination, this book will (at best) offer little to improve their performance and (at worst) may actually lead to swing techniques that make the game more difficult. For anyone who has spent any time studying the instruction of mechanics for the baseball swing, you already know that the methods of hitting fall into two primary camps. These methods can be differentiated by their beliefs on what is the "proper" swing plane (i.e., what path the bat takes in route to intercepting the pitched ball.

[Download to continue reading...](#)

Lau's Laws on Hitting: The Art of Hitting .400 for the Next Generation; Follow Lau's Laws and Improve Your Hitting! The Science of Hitting The Broke-Ass Bride's Wedding Guide: Hundreds of Tips and Tricks for Hitting Your Budget Fathers' Rights: Hard-Hitting and Fair Advice for Every Father Involved in a Custody Dispute The Mental Keys to Hitting: A Handbook of Strategies for Performance Enhancement Connect Instantly: 60 Seconds to Likability, Meaningful Connections, and Hitting It Off With Anyone You Can Teach Hitting: A Systematic Approach for Parents, Coaches, and Players 9 Innings of Hitting Positional Hitting: The Modern Approach to Analyzing and Training Your Baseball Swing Pete Rose on Hitting Long-Range Precision Rifle, Expanded Edition: The Complete Guide to Hitting Targets at Distance The Science Fiction Hall of Fame, Volume Two B: The Greatest Science Fiction Novellas of All Time Chosen by the Members of the Science Fiction Writers of America (SF Hall of Fame) The Science Explorer: The Best Family Activities and Experiments from the World's Favorite Hands-On Science Museum (Exploratorium Science-At-Home Book) Exploring Science Through Science Fiction (Science and Fiction) 3D Printed Science Projects: Ideas for your classroom, science fair or home (Technology in Action) Foundations of Computer Science: C Edition (Principles of Computer Science Series) Methods of Soil Analysis. Part 2. Microbiological and Biochemical Properties (Soil Science Society of America Book, No 5) (Soil Science Society of America Book Series) Face Image Analysis by Unsupervised Learning (The Kluwer International Series in Engineering and Computer Science, Volume 612) (The Springer International Series in Engineering and Computer Science) Naked Eggs and Flying Potatoes: Unforgettable Experiments That Make Science Fun (Steve Spangler Science) The Science of Science Policy: A Handbook (Innovation and Technology in the World E)

[Dmca](#)