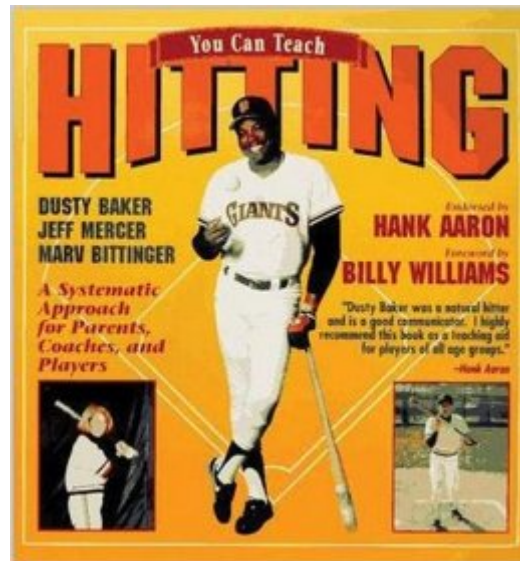


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# You Can Teach Hitting: A Systematic Approach For Parents, Coaches, And Players



## Synopsis

"Dusty Baker was a natural hitter and is a good communicator. I highly recommend this book as a teaching aid for players of all age groups." -- Hank Aaron

*You Can Teach Hitting* is more than a set of instructions and guidelines for swinging a bat. It's a book written for baseball teachers--coaches, parents, even peers--who want to teach hitting better. And for hitters--youngsters and professionals--who want to learn to hit better. *You Can Teach Hitting* takes you from selecting your bat to selecting your pitch. From the science of the swing to the art of situational hitting. And it shows, step by step, how you can teach--or achieve--the "Three C's" of hitting--confidence, concentration, consistency--while avoiding the ten most common mistakes. And because baseball is a team sport, this book also provides hitting drills, specific approaches to hitter development by age, and tips on organizing more effective team practices. *You Can Teach Hitting* will help everyone get more out of their game. From beginning coaches to veterans. From teeballers to advanced hitters. It's pure baseball. A book that's bound to make the game more fun for young hitters--and more challenging for young pitchers.

Johnnie B. "Dusty" Baker, an outstanding hitter through fifteen major league seasons, is the former batting coach and current manager for the San Francisco Giants, where he's helped develop hitters the likes of Will Clark, Matt Williams, Robby Thompson, and Kevin Mitchell. Jeff Mercer, a highly regarded hitting instructor and former assistant coach at Indiana University, brings a knowledge and experience of the game that will improve you as a coach or a hitter. Marv Bittinger, teacher and author of better than 100 mathematics textbooks selling over six million copies, contributes his proven writing talents and an unrestrained love of the game to this unique collaboration.

## Book Information

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## Customer Reviews

I did find some points of interest in this book, and am sure that I will find more as I go back to certain sections. My problem with Dusty's book is that he advocates a downward swing path to the ball, which I believe is not the way good hitters swing. He does mention the "Ted Williams" approach of a slight upswing at point of contact (POC), but indicates that this is only for older kids that are capable of hitting home runs. However the picture of Pete Rose (surely a great singles hitter) on page 192 clearly shows a slight upswing at the POC. It is my opinion that virtually all major leaguers do NOT swing down through the ball, even if they say they do. Next time you watch a game carefully watch the slo-mo replays. So why would we want to teach young kids an incorrect bat path to the ball?? My 11 year old hits fine using a Williams style rotational batting technique (which actually is easy to teach). Another problem is that most of the pictures are 'staged' by players who are not moving when the picture was taken. To really see what happens you need to see a REAL swing. Almost all the 'staged' pictures show both arms extended straight at POC. But look at the few 'real' swing pictures in this book or elsewhere you will see the trailing arm bent, with the elbow close to the waist at POC. It is actually difficult to have good hip and shoulder rotation at POC and NOT keep your back arm bent. The method shown in this book was how I was taught many years ago- no wonder I was never any good! Some of the drills look ok, but the 'chair drill', which forces a strong down swing is something I will never teach my son. This drill also shows a general lack of understanding of the bat motion.

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