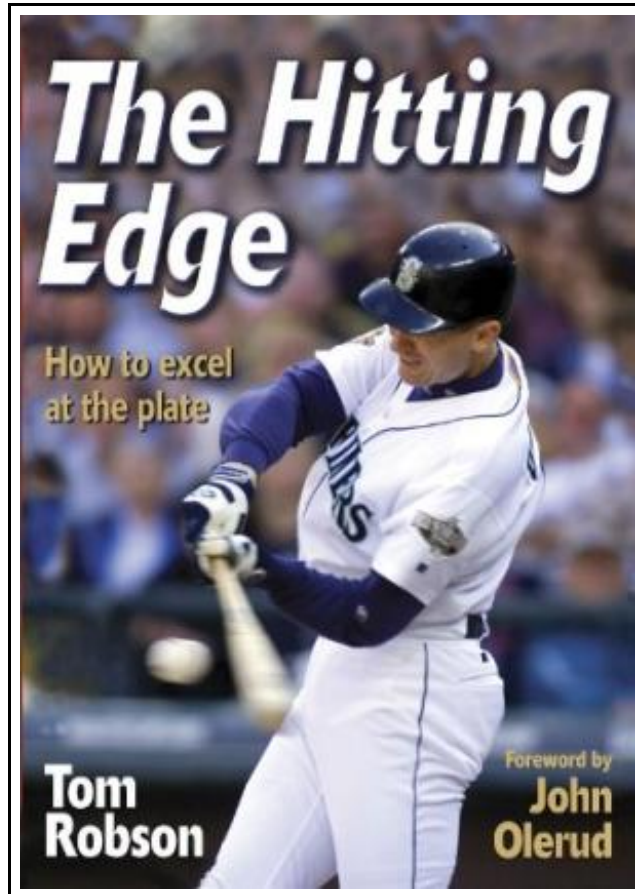


The Hitting Edge



Filesize: 1.87 MB

Reviews

This pdf is fantastic. It is really basic but excitement from the fifty percent in the book. Your lifestyle span will be change as soon as you full reading this publication.
(Yolanda Nicolas)

THE HITTING EDGE



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Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, The Hitting Edge, Tom Robson, John Olerud, Hitting a hard-thrown baseball is one of the most difficult skills in sports. "The Hitting Edge" simplifies the task by focusing on key features common in every successful hitter's swing: dynamic balance, sequential rotation, axis of rotation, and bat lag. Author Tom Robson identified these hitting "absolutes" through extensive video analysis and research and his on-field role as a major league hitting coach. He confirmed the importance of the four factors by studying the best hitters of the modern era, such as Sammy Sosa and Mark McGwire, and working with top batsmen like Rafael Palmeiro and John Olerud. And a hitter doesn't need to be an all-star to benefit from Robson's instruction, because it applies across all levels of competition and allows for all types of individual swing styles. Robson also recognizes that batters aren't robots, and human factors sometimes interfere with hitting mechanics. So he also teaches how to develop better focus and a more positive attitude at the plate. But it takes more than the right stroke to develop consistent contact and power. Focus. Split-second timing. An eye for the perfect pitch. Great hitting requires all these elements and more. Much of "The Hitting Edge" is dedicated to the physical and mental details of preparing for the pitch, followed by six information-packed chapters on the mechanics of the swing. Loaded with concise instruction, skill demonstration, photos, effective drills, and more, Robson's book cleans up where other hitting books strike out. Take the knowledge available in this book with you to every at-bat and you'll have "The Hitting Edge."



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