



RED ALERT BASEBALL

* 8 KEYS TO A GREAT SWING *

THE BASEBALL SWING IS A SUCCESSION OF MOVEMENT PATTERNS WHICH FEED OFF THE PREVIOUS MOVEMENT, MUCH LIKE A CASCADING WATERFALL. IF ONE OF THOSE PREVIOUS MOVEMENTS ISN'T DONE, THE REST OF THE SUCCESSION FALLS APART. EACH MOVEMENT IS VITAL & DEPENDENT ON THE PREVIOUS ONE FOR IT TO WORK EFFICIENTLY & EFFECTIVELY. THESE ESSENTIALS ARE WHAT YOU WILL FIND IN EVERY QUALITY MAJOR LEAGUE HITTER. BUILD YOUR OWN STYLE & APPROACH UTILIZING THESE 8 KEYS FOR A BETTER OVERALL SWING & COMPLETE HITTER.

1. **PRE-SWING RHYTHM:** SLOW & CONTROLLED MOVEMENT TO HELP THE LOAD GET STARTED.
2. **GET INTO BACK LEG BEFORE GOING FORWARD:** THE LOWER HALF LOAD IS AN ACTION WHEN THE BACK FOOT GETS PUSHED INTO THE GROUND BEFORE GOING FORWARD.
3. **SEPARATION:** WHEN STRIDE FOOT GOES FORWARD, HANDS ARE HELD BACK WITH THE RIGHT REAR SCAPULA. *"THE RUBBER BAND EFFECT"*
4. **SOLID HITTING POSITION:** OR *"LAUNCH POSITION."* HEAD CENTERED, WEIGHT 50/50, BODY SQUARED, HANDS LOADED, KNOB TO THE CATCHER, SLIGHT SPINE ANGLE TOWARDS HOME PLATE.
5. **LOWER HALF STARTS THE SWING:** THE TURN (SWING) STARTS FROM THE GROUND UP (FOOT, KNEE, BACK HIP, HANDS GO LAST). BACK HIP OPENS THE FRONT SHOULDER.
6. **BARREL RELEASES FROM INSIDE TO OUT:** BACK ELBOW IS SLOTTED CREATING PROPER ATTACK ANGLE. WRISTS ARE LOADED. BARREL STAYS INSIDE THE BALL UNTIL ITS RELEASE. THIS CREATES BAT LAG & HAMMERING EFFECT
7. **DRIVE THRU THE BASEBALL:** LONG THRU THE CONTACT POINT WITH TOP HAND, NOT CUTTING AROUND IT. NOT IN A HURRY TO FINISH THE SWING.
8. **DYNAMIC BALANCE THROUGHOUT THE SWING:** KEEPING HEAD AND WEIGHT CENTERED BETWEEN THE FEET THROUGHOUT THE SWING.

"YOUR SWING SHOULD BE A CONTROLLED & VIOLENT EXPLOSION." - ROB BOWEN