**You’re not a clone. You are an individual. Don’t try to imitate**

by Coach Helke

**someone else’s swing. You can’t “cookie cut” hitting.**

**Not one way works for everyone.**

We have to make a differentiation between swinging and hitting. The majority of batting practices and instruction are swing practice. Anyone can swing a bat. Just get up to the plate and swing. Swing training doesn’t teach you to hit a moving ball consitantly with success.

Hitting is much deeper. It encompasses different components that need to work together.

If an athlete really wants to learn how to hit, they must invest in themselves. Learning and understanding what it really takes to be a successful hitter. The amount of investment depends on the athlete. Some have to invest more, others less. Here are a few things a player needs to commit to learning and understand how these things relate to them specifically if they truly want to be a feared hitter and confident at the plate. \*Note where mechanics are listed in importance.

1. Proper Mindset. (Hint: Hitting the ball actually has a 75-82% success rate!).
2. What are good and bad hitting “drills” and practices. (There are a 100x’s more bad than good).
3. Knowing their hot and cold hitting zones. (No one is “hot” the entire strike zone).
4. Batter rhythm/ timing.
5. Being in-sync with a certain aspect of a pitcher’s rhythm/ timing.
6. Learning how to read “Pitcher Tells”. (Many pitchers will tip the type of pitch they are going to throw before they even throw the ball).
7. Pitch Count Expectations.
8. Pitch Identification.
9. Understanding that the eyes actually swing the bat. (Batters don’t have to have 20/20 vision).

1. Why “seeing” the ball early is important and how. (Seeing the ball hit the bat isn’t important and it’s been scientifically proven in the lab and on the field that it is a biological impossibility).
2. \*Good mechanics (Not perfect mechanics - no one has perfect mechanics). Plus the mechanics for a pitch up-and-in are different than for a pitch low and away.
3. Why trying to manipulate the swing to hit with a higher Launch Angle is overrated. (Hint: On average only 10% of balls hit are hit perfectly, 90% are not).
4. Why boosting Exit Velocity increases the odds of getting a hit (and a HR) and how learning bat control (part of mechanics) will allow for increased exit velocity. (It’s not swinging harder).
5. Accepting there will be failure at first. It will take a little time to adjust, develop and transform.

The last thing an athlete has to keep in mind is that many times there’s not a flaw. In about half the missed pitches, there’s nothing wrong with their swing. It might be because they chose the wrong pitch to swing at, they "mis-saw" or “read” it, they didn't see it because they weren't focused or they were just guessing. Sometimes they have to accept the fact they just got beat by a good pitch.

The status quo for teaching players to hit a baseball has always blindly relied on limited and unsupported information (batting tees & soft toss) that build up training philosophies and protocols obscuring the direct simplicity that hitting training actually involves. The old status quo trainings that have been blindly followed for years actually create a wall between being frustrated and always training versus hitting well and training easily and quickly.

This basic training is a compact formula for the development of a player. It is designed with the utmost care with the specific purpose so that those who use it regularly with understanding will experience a real and lasting change. This training meets everyone’s need at any skill level – amateur to pro. It provides rapid development for those who proceed with the training sincerely.

It's not about mastering mechanics first. It’s not about how “pretty“ a swing looks at the plate. It’s not about how fast the exit speed is off a batting tee or easy soft toss. It’s about at game time, can you hit a pitcher’s fastball that’s coming in at 90mph and also hit his curve ball that comes in at 78mph. It’s about knowing you can versus hoping you can.