

A.K.A LASER STRAP



Fighting Your Natural Swing Path: Bat Speed TroubleShooting

Troubleshooting - Fighting Natural Swing Path

SWING PATH

CONNECTED/HANDS-INSIDE-THE-BALL



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WE TAKE CARE OF THE HARDEST PARTS

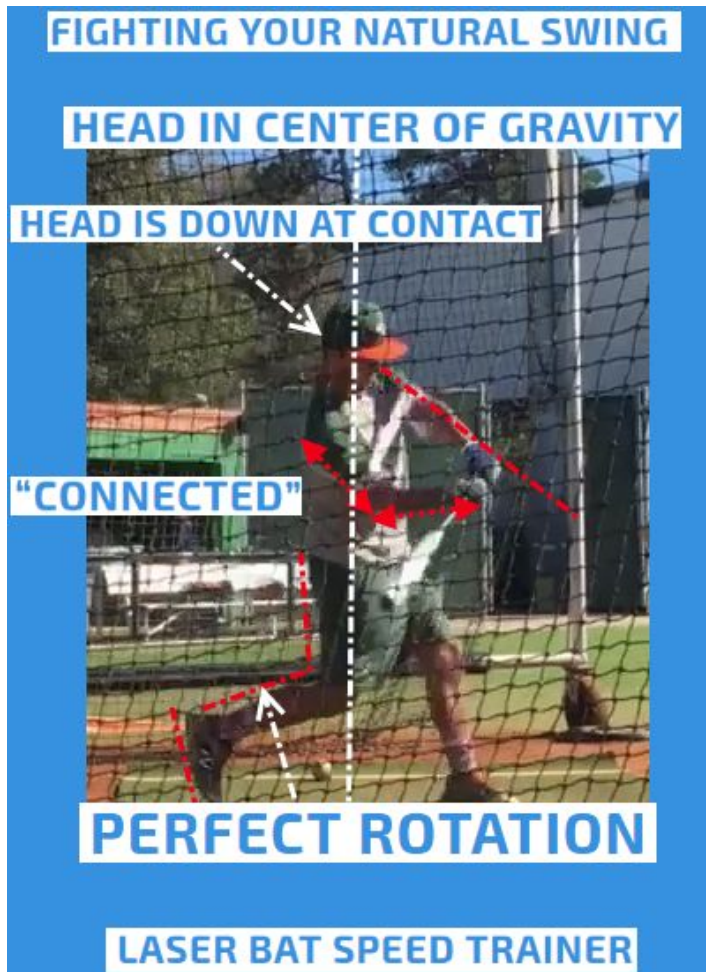
SO YOU CAN FOCUS ON THE BASICS

Vinny Parisi was the first High School coach in Florida to show the initiative to fully integrate our Laser Bat Speed Precise Trainer into his program. What the coaching staff loves the most? Coaching the hardest part of the swing is taken care of, allowing focus on the "easy to fix" swing flaws. In this case coach Parisi was able to identify his player "unnaturally" lifting on his swing path;

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Disadvantages of fighting your natural swing path

- 1) Slows your bat speed as you alter the fastest/natural swing path
- 2) Back shoulder over-extends and knocks your head upwards "off the ball"
- 3) Over-extension of your back shoulder triggers over-rotation of your back foot
- 4) Over-rotation of your back foot triggers "falling off-balance"
- 5) Falling off-balance decreases power and contact accuracy

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How to fix?

With a belt high pitch you don't need to lift, making contact below the center of gravity of the ball with a higher contact zone will provide the lift for you



Image 1

High contact provides the lift for you



Image 2

Follow your natural "short to short" swing path for higher and deeper contact to gain the most bat speed and power

Don't try to pull the ball, over-swing or fight or natural swing

- 1) Don't try to lift the bat after contact
- 2) Your contact zone will dictate your natural swing path
- 3) For the up-and-in deep contact location the swing path is short-to-short, flat plane and two-handed grip
- 4) For the low-and-away or extended contact zone the natural swing path is long-to-long, angled plan, one-handed top-hand release grip