

30 Different Hitting Experiments

1. 33in bat v. 34in bat v. more expensive 33in (gather Ball Exit Speeds here)
2. Barrel tip v. not
3. Squishing bug v. un-weighting
4. Un-weighting: 3-position back foot placement
5. Down shoulder angle v. up
6. Hiding hands v. not
7. Barrel acceleration early v. acceleration late (knob to ball)
8. Lunging: Bend in front leg v. straight at impact
9. Early arm bar v. early bend
10. 90-degree back leg angle v. bigger angle back leg
11. Sitting back v. not
12. Extension at impact v. not
13. Stepping out v. diving in
14. Landing front knee straight v. bent
15. Head still v. chin to chest v. ear to shoulder
16. Rolling over v. palm up/down
17. Stride length: too short v. medium v. too long
18. Aligning door knocking knuckles v. gorilla grip
19. Flat launching barrel v. vertical
20. Back elbow up v. down before launch
21. Early release of top hand v. not at follow through
22. Not hip rotation v. hip rotation
23. Float v. no float
24. Striding and swinging at same time v. land then swing
25. Vertical body position v. athletic hip hinge
26. Racing back elbow v. not
27. Swinging too hard v. being fluid
28. Extreme barrel tip v. minimal
29. Early head movement v. late head movement
30. Front elbow down v. up