

3 Ways to Become a Better Hitter

June 5, 2013

In training young hitters, [a new study](#):

ELECTROMYOGRAPHIC ANALYSIS OF LOWER LIMBS DURING BASEBALL BATTING

identified 3 aspects to help them improve:

1) **Shift Your Weight Earlier.**

The researchers found that *advanced hitters shifted their weight 18% earlier* than novice hitters before ball contact (1.48 vs 1.198 seconds), leading the researchers to suggest for coaches:

important to **emphasize the earlier preparative movement for junior players and novices to improve the timing of getting the baseball bat to the impact zone.**

1) **Wait Longer Before Starting Your Swing.**

The researchers saw that *advanced hitters waited 22% longer before starting their swing* (0.243 vs 0.311 seconds before ball contact), giving them nearly one-tenth of an extra second to recognize the pitch before swinging than novice hitters.

2) **Have a Stronger Front Side.**

Researchers saw that *advanced hitters had 32.8% greater contraction of a muscle in their lead leg, the [Tibialis Anterior](#) (L-TA)*, than novice hitters.

This led the researchers to conclude:

since **this study showed a clear difference between right-handed skilled baseball players and unskilled novices in how the L-TA was used, coaches should focus on improving both muscular strength and endurance in L-TA for right-handed batters.**

Have a Question About This Newsletter?

Call (631-352-7654) or Email (PitchingDoc@msn.com) Dr. Arnold!