

MULTI-SWING METHOD BY CLINTON BALGERA

THREE-DIMENSIONAL POWER HITTING



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POWER HITTING

FOR EVERY PITCH LOCATION

"Pitchers don't practice throwing one pitch, therefore, why do you practice one swing method? Presenting my groundbreaking, Multi-Swing Method, to improve your [baseball power swing](#) for the three-dimensional contact zone; helping players bat for a high average, and hit for power to all fields. It's up to you if you want to follow my Multi-Swing Method, our batting aid morphs to your swing, therefore, you can hit your way."

Clinton Balgera,

Inventor, [Exoprecise Technology](#), behind our [Laser Power Swing Trainer](#)

Founder, [Sport Precise](#) Methodology and Multi-Swing Method



360 DEGREES OF EXOPRECISE RESISTANCE

HITTING METHODS

All hitting methods fall under the top level category of time, and distance, more specifically; distance from your body at contact. Your swing path is dependant on pitch location, velocity, and movement. High, low, extended, deep, inside, outside; ball dropping, sliding, and so on. Additionally, your reaction time, body type, swing movement, and style. Therefore, distance and the time it takes to get to the action point is the top-level category for hitting, superseding the subcategory mechanics; for the importance of the event.



THE BIG THREE CONTACT ZONES

EACH REQUIRING UNIQUE MECHANICS FOR SUCCESS

- Hitting a dominant fastball: less time to react, creating power contact; closer to your body.
- Hitting a hard, and late-breaking pitch: less time to react, creating power contact; further away, low, and in front of your body.
- Hitting a hanging pitch: more time to react, creating power contact; further away, high, and to the side of your body.



CRITICAL ROLE OF YOUR TOP AND BOTTOM HAND

Our Multi-Swing Method trains your top-hand, helping with contact closer to your body, and bottom-hand, for away; allowing you to hit any pitch in any location. During the past “big league” coaches, teach a top-hand dominant swing; seen with many right hand hit, and right hand throw players. Gearing up, looking for a slow, and high mistake pitch. The problem? Sometimes pitchers do not make mistakes; leading to the high strikeout rate, in the modern MLB era.

TRADITIONALLY:

- Bottom-hand dominant hitters: use a top-hand release follow through, hitting the low ball, however, struggling with contact closer to the body; commonly, an up-and-inside fastball.
- Top-hand dominant hitters: use a two-hand follow through, hitting at a mid-range contact zone, however, struggling with both; up-and-inside, and low, and outside.
- To be a complete hitter you need to practice top-hand, and bottom-hand mechanics, for example, M.M.A fighters require an excellent stand-up, and ground game; otherwise, opponents attack their weakness.

SWING ADJUSTMENTS

Comparing mechanics for multiple contact zones, there's a difference in the swing circumference, the height of the back elbow, movement of the stride, and the use of top, and bottom hands on the follow through. For example, adjusting the height of your back elbow, depending on the pitch you expect to hit; correlating to your batting stride, swing path circumference, follow through, and thought process:

- Raising your back elbow anticipating a high, and slow-moving pitch, using a longer stride, elongated swing path, one-hand follow through; using a “sitting on your pitch” thought process.
- Lowering your elbow if you anticipate a dominant fastball, using a shorter stride, short-and-flat swing path, and a two-hand follow through; using a “close your mind and open your eyes” thought process.

- Facing a pitcher early in the batting count, with a variety of dominant pitch types use the mechanics, and thought process; playing to your swing strength.
- If you're in a 2-strike situation, or consistently facing hard-and-late-breaking pitches early in the batting count; set your elbow, and stride movement, at a height allowing to you get to the ball on time, varying on the pitcher's velocity; using a "close your mind and open your eyes" thought process.



1. HITTING A DOMINANT FASTBALL

LESS TIME TO REACT, CREATING POWER CONTACT; CLOSER TO YOUR BODY

POWER HITTING AGAINST POWER PITCHERS

Preparing for a dominant fastball, for example, facing an "up-and-inside" +95 mph fastball, with no time to think; less time to react, and the ball arrives close to your body in a short amount of time. Therefore, swing-extension is not an option.

"Your only chance against +95mph is to close your mind, open your eyes, track the ball deeper and use your reflexes. Deep contact area, using a two-handed grip follow through, short-to-short, and flatter swing path. Real world example: you being a lefty hitter, facing a 95+ mph funky lefty pitcher delivering a tailing up-and-in pitch. Giving you limited time to react, therefore, your only chance to hit the ball as it arrives closer to your body. In this case, I recommend you use a heavier bat and allow your core to take the weight, this compensates for the lack of extension/momentum power seen with mid-level contact areas, you have the option to shorten up; akin to Barry Bonds"

Recap: Clinton Balgera, to Eric Thames, an MLB player.

DOMINANT FASTBALL SWING MECHANICS

Though rare, in the past players have success hitting dominant an "up-and-inside" fastball for power, therefore it's not an impossible feat. However, practicing to hit this pitch is impossible, due to a lack of technology, but not anymore, our [baseball swing trainer](#) guides you to a powerful swing path; for the first time players can isolate, and practice hitting "unhittable" pitches.

The following information is critical for right hand hit, and right hand throw players, using a top-hand release follow through. In this case, you are top hand swing dominant, however, using a bottom hand dominant follow through.

- Work on hitting a belt-high, and inside pitch location. Reduced time = reduced movement, therefore minimize swing movement.
- Close your mind and open your eyes, allowing your reflexes take over, you'll surprise yourself with what you can hit.
- Spread out in your batting stance to decrease movement of your extremities, relaxing your hands, and back elbow; you are breaking down the explosion phase of your swing.
- Avoid "muscling up" with your arms, and shoulders; relax your grip, removing tension from your upper body.
- Minimizing your batting stride movement.
- Relaxing your upper body, explode using your core; starting your load with a slow in turn of your front knee. Advanced Laser Blast drills fix your dependency

on your arms, training your mind, and body; to hit the up-and-inside pitch on game day. Turning your back leg from your hips, freeing your upper body for powerful contact; your back foot is an excellent indicator for your swing, aim to be spinning fast on the toes before contact.

- Advanced hitters, can hit the deep, low and away pitch, using a similar method; tilting at your waist to get lower to ground.
- Track the ball longer, minimize head movement; making contact closer to your body.
- To hit a hard, high, and flat fastball you need a short, and flat swing path; controlling your barrel with your top-hand. It's difficult to hit a dominant fastball if you lift on your follow through. Your back shoulder overextends, raises up and bumps your head off the ball, triggering a "swing and miss," "pulling off," and falling off balance. Additionally, the task is more challenging finishing with a top-hand release. The height of the pitch provides the lift for you, hitting a belt-high, and above fastball, use core hitting mechanics; a home run is a likely outcome.
- Whip the bat around your body, allowing your top hand to take control. Hold off on rolling the barrel at, or before contact; roll it as you feel pressure on your rear shoulder. Don't fight it, imaging whipping the bat around your body like nunchucks; keeping 2-hands on your bat for your entire swing, enabling you to hit it 500ft; straight down the line, with backspin.
- You don't have to put too much on it, if you hit the ball in the right spot, it will travel a long way. After you are comfortable with this sequence, get your coach to toss the ball 3-to-6 inches off the inside edge of home plate. You'll surprise yourself with what you can hit; this is something you have to see for yourself.

2. HITTING A HARD, AND LATE-BREAKING PITCH

LESS TIME TO REACT, CREATING POWER

POWER CONTACT LOW AND AWAY FROM YOUR BODY

The goal is balancing your power swing by improving bottom-hand strength, and mechanics, allowing for power hitting in multiple locations; in this case, improving contact further away from your body; adding to a player's current strength, hitting

mid-to-deep locations; to hit change-ups, and "hard-late-breaking-and-outside" pitch types.

The following information is critical for left-hand hit, and right-hand throw players, using a two hand follow through. In this case you are bottom hand swing dominant, however, using a top hand dominant swing follow through.



Reaching the extremities on the outside edge of home plate, release your top-hand; as you feel pressure on your back shoulder. Failure to do so results in a weak ground ball, pop-up or swing and miss. Why? Anatomically, your front arm has a longer reach, to the side, and front of your body.

STRENGTH – PLUS SPEED – PLUS TECHNIQUE

EQUALS – MOMENTUM FOR POWERFUL EXTENSION

Hitting mechanics for when you're behind in the batting count and facing power pitchers, locating their secondary pitches. Example, a hard and late-breaking slider, on the outside corner of home plate with two strikes; or a left hand hitter facing an 85 mph right hand pitcher; afraid to challenge you with a fastball, in this case, you see "down or away" change-ups.

- Look for a pitch down in the zone.
- Follow your natural swing path, whipping your bat to the ball, and past contact. Elongated and circular swing plane, your circle gets bigger; as the distance of your contact zone moves away from your body.
- Avoid predetermining the baseball swing follow through, allow the contact zone to determine the outcome.
- Reaching the extremities on the outside edge of home plate, release your top-hand; as you feel pressure on your back shoulder.
- Stay in your legs, and reach out with your arms; keeping your head in the center of your body.
- Optional to use a lighter bat for more speed, whip, and extension, as your back elbow gets away from your body your arms take the weight. Therefore, using a heavy bat for low, and extended contact zones is not recommended.

"Coaches instruct players to swing with a predetermined Power V, however, the area of your Power V is reliant on your three-dimensional contact zone; length, width, height, depth, and breadth. In simpler terms, making contact close, or away from your body." [Clinton Balgera](#)

Our [baseball swing trainer](#) guides you to powerful swing-extension, during advanced [Laser Whip](#) extension drills, our globally patented Exoprecise technology gives your back arm the perfect amount of resistance to build strength in your power hitting muscles, and stay connected. Releasing from resistance, after you load, and separate triggers bat speed; resulting in powerful extension.

3. HITTING A HANGING PITCH

MORE TIME TO REACT

CREATING POWER CONTACT, HIGH AND AWAY FROM YOUR BODY

- Facing below average pitchers: in "aggressive hitting counts; for example, three balls and one strike.
- Raised back elbow, elongated stride, and swing path.
- Staying through the ball, aiming for power hitting in the outfield gaps, or over the centerfield home run fence.
- Option to use a one, or two hand follow through, depending on your top, and bottom hand strength.
- The previous sequences prepare you to hit the toughest pitch types, up-and-inside, and down-and-away; seeing a "hanging" pitch, you'll hit a LASER Home Run!



Capitalizing on the "mistake" pitch: from a dominant pitcher, for instance, hitting belt-high, "hanging" slider; with more time to react for power contact further away from your body