

PRACTICE PLAN: MULTI-SWING METHOD - REFLEX MECHANICS 101



OVERVIEW

Drills: 5

Time: 20 minutes

Purpose: Coach the basics of reflex mechanics, excellent to hit a dominant fastball.

Created By: Clinton Balgera, inventor of the Laser Power ST, and founder of the Multi-Swing Method.

DRILL 1: SQUEEZE THE BALL - SETS: 2 - REPETITIONS: 10

MULTI-SWING METHOD REFLEX MECHANICS 101

In the batting stance, engage your core/stabilizing muscles.



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Bending "knees over toes," triggers the weaker joints/muscles to hold your weight.



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Squeeze your knees toward the center of the balance ball, hold for 10 seconds; release, and repeat for 10 repetitions.



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Remove the ball, imagining the ball is between your legs, squeezing your knees toward each other.



DRILL 2: LOAD, TURN, HANDS BACK - SETS: 2 - REPETITIONS: 10

- The right-hand hitter holds the bat in the right hand, placing your elbow above the hip; the opposite for a left-hand hitter.
- The right-hand hitter lifts the right leg, balancing; bringing the knees together. The opposite, for a left-hand hitter.
- Balancing, turn the body from your core/hips; "staying connected," with the elbow. Repeat for 10-20 repetitions.



DRILL 3: CONNECT, LIFT, AND TURN - SETS: 2 - REPETITIONS: 10

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Spread out, loosely grip on the bat, relaxing the arms; both eyes facing the pitcher.



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Load using your core, turning the front knee in; avoid "knees, over toes;" instead, load against the back foot.



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Turning the back leg from your hips; keep your hands back, and don't swing.



- Spread out, loosely grip the bat, relaxing the shoulders, and arms; both eyes facing the pitcher.
- Start the load using your core, turning the front knee in.
- Avoid "knees, over toes;" instead, load against the back foot, engaging your core, and improving balance. Why? Loading "knees, over toes" disengages the core muscles, decreasing your bat speed, power, and triggers mistakes, such as; jumping, dipping, and pulling out of the swing.
- Turn the back leg from your hips.
- Keep the hands back, and don't swing.

DRILL 4: HIPS BEFORE HANDS - SETS: 2 - REPETITIONS: 10

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Hips Before Hands Drill: Exaggerate the timing of your swing, turn from the hips, pause, move the hands.



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Reduce the influence of the arms, adapt, and use your powerful core (adaption method).



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Producing the speed for momentum, critical to spinning on your toes; creating weightlessness.



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Allow the core to control the back leg turn. Make sure the foot is spinning on the toes, and the heel is vertical.



DRILL 5: PUTTING IT ALL TOGETHER - ROUNDS: 2 - SWINGS: 10 - OPTIONS: SIDE TOSS, FRONT TOSS, TEE-DRILL

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Combine the technique from your previous drills, hitting lasers!



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Spread out, imagine, squeezing the balance ball between your legs.



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Lifting, and turning the front leg; to load your swing.



MULTI-SWING METHOD REFLEX MECHANICS 101

Turning the back leg from your core, starting the swing; keeping the hands back.



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