



By Clinton Balgera

Event = Power Contact

Contact Close To Your Body

Contact Away From Your Body

Power Source

Force

Kinetic Energy (transfer of energy from force)

Physics

Motion In A Vertical Circle (Angular and Linear Velocity)

Motion In A Vertical Circle (Angular and Linear Velocity)

The Body Creating Force

Core muscle swing

Momentum driven arming swing

See and react hitting - Involuntary muscles (Under the control of the subconscious regions of the brain)

Sitting on your pitch/guess hitting - Voluntary muscles (under the control of the conscious regions of the brain)

Top hand dominant contact zone

Bottom/Lead-Hand hand dominant contact zone or;
*Unnatural and extending top hand mechanics

Set Up

Mid to spread out stance

Mid to narrow stance

Mid to low elbow

Mid to high elbow

Short to medium stride

Medium to large stride

Compact follow through

Extended follow through

Gameday Examples

Hitting above average speed

Hitting below average speed

Behind in the batting count

Ahead in the batting count

Hitting the "up and inside fastball"

Hitting the "hanging breaking ball"

Hitting Philosophies And Methods

^^Rotational

^^Linea, Linear to Rotational, and Torque

Multi-Swing Method

Multi-Swing Method

*Modern day players unaturally train the top hand for extension for a bottom hand dominant contact zone.

^The velocity increases as the bat moves downward from the top of the swing. This is the condition for "weightlessness" in any curved motion in a vertical plane.

^^Subcategory measurements of power for, Motion in a Vertical Circle.