



ST. LOUIS PROSPECTS BASEBALL CLUB
HITTING PROGRAM
HIGH SCHOOL 2020/21



INTRODUCTION

The St. Louis Prospects Winter Hitting Academy is back for 2020/21! Each year we evaluate our training programs looking to improve and striving to make them the best available. We have designed a very specific hitting program that builds upon itself each week. We do not have a cookie cutter approach to hitting and we do not try to make everyone the same. However, there are certain positions and points in a swing that a large percentage of high-level hitters have in common. We have identified these positions and points (illustrated below) and they are what we are focusing on in our 5-month hitting program for 2020/21. Ideally, our hitters use each position as a stepping stone and do not move on from one to another until they demonstrate the ability to learn each position.

We will be incorporating video, side by side comparison, and analysis using the **RightViewPro** and **Hudl Technique** programs. We will also be using **Blast Motion** technology, which provides real time swing metrics analysis. In addition, players will compete to have their name on the METRICS LEADERBOARD which includes measurables such as barrel speed, early connection, bat plane angle, rotational acceleration, power index, and distance (definitions will be provided).

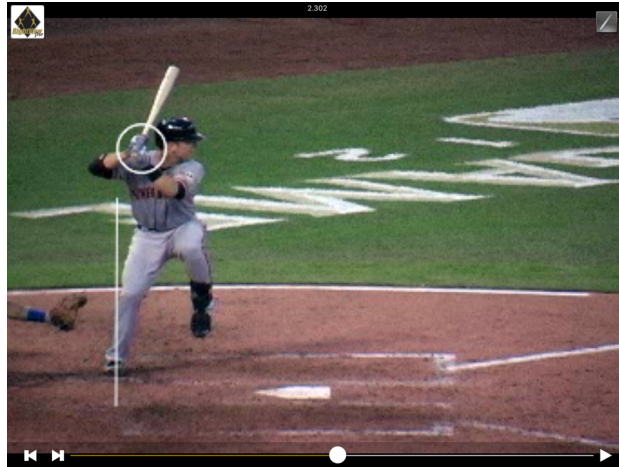
We will explain to our players that in order to become the best hitter they can be, it will take a dedicated effort and more than what they do with our instructors twice per week. They will need to make changes to their swings, which involves being uncomfortable. We will emphasize that as a hitter it is important to “get comfortable being uncomfortable.” They will need to work on their swing on a regular basis whether it be at home and/or a facility. They will be provided with drills and things they can be doing on their own in order to help them understand how to move and get into these particular positions.

While each player has to really want to be good and put the work in themselves, we believe that reinforcement from parents, when it comes to supporting and understanding, is important. With this in mind, **we welcome parents to attend the training sessions.**



THE LOAD

The Load is the movement whereby momentum is gathered, and energy is created in the backside of the body (back leg and hip), putting it in a strong position to move forward and prepare for an explosive swing. The load usually involves moving the body, not the hands in a negative direction. Hitters may have different types of loads such as leg kicks, toe taps, and lift and stride.





THE HITTING POSITION

This is the strongest position that the hitter can be in while having adjustability prior to activating or launching the swing. We are looking for heel plant, balance/athleticism, hands inside the back foot with separation. We also look to have the relationship between barrel angle and spine close to 90 degrees. Here is an example.

Sometimes referred to as the “launch” position or stride to balance.





ELBOW IN SLOT and DRIVE POSITION

This position begins the connection (elbow to the hip) and hip drive/rotation. Front heel continues to plant, while the front leg act as a “POST” that the body is able to drive into and rotate around. Barrel should be outside of shoulder not on top.





POINT OF CONTACT

At point of contact we want to be in the strongest position possible to maximize the ability to drive the baseball. Ideally, elbow still connected to hip and hands at or above barrel.





EXTENSION



To maximize ability to hit the ball on the barrel, we want barrel in zone as long as possible.

