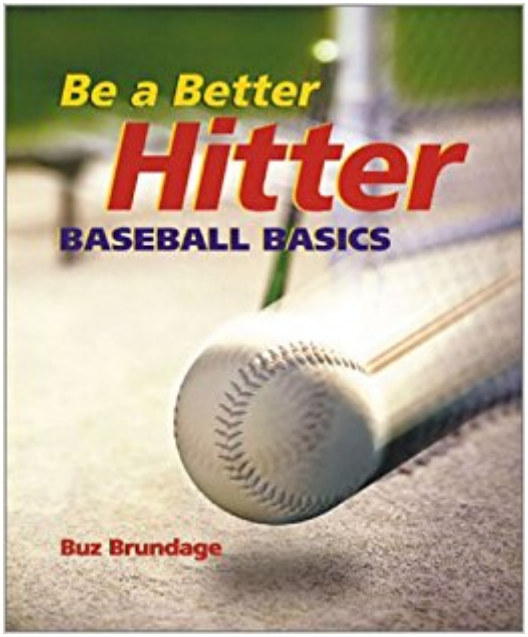
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Be A Better Hitter: Baseball Basics



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Synopsis

Hit it out of the park, with a coach’s guidance! "This is just the book to help produce some future big-league hitters."--Kirkus Reviews. "Though a baseball swing takes only seconds, Brundage effectively stops the action and discusses a swing’s component parts...points out common errors and describes drills to help develop good technique..."--Booklist. "Fabulous color photographs of girls and boys through current professional players, diagrams, and a solid text instruct budding athletes on the finer points of hitting a baseball."--School Library Journal.

Book Information

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Average Customer Review: 4.6 out of 5 stars 4 customer reviews

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Customer Reviews

Everybody digs the long ball. If you’re looking to become a top slugger on your Little League or school team, Be a Better Hitter has the tips to help you succeed. Coach Buz Brundage starts with the basics: a sound grip, a balanced stance, a pre-swing to help you "load the spring" (prime your muscles for action), and a powerful swing. Once you’ve developed a mechanically proper swing, Brundage leads you through turning and aiming your swing in the direction of the ball to help you hit for power. Other sections focus on when to--and when not to--pull a pitch, hitting for average, bunting, sacrifice flies, and remembering that the team comes first. Invoking the legendary Yogi Berra ("Baseball is 90 percent mental"), Brundage also discusses mental preparedness: watching the pitcher, watching the umpire, and following the pitch count--whether you’re ahead in the count or battling to protect the plate. Well illustrated, clearly written, and loaded with practice drills, Be a Better Hitter goes a long way toward helping you do just that. --M. Stein --This text refers to an out of print or unavailable edition of this title.

Grade 4-8-Fabulous color photographs of girls and boys through current professional players, diagrams, and a solid text instruct budding athletes on the finer points of hitting a baseball. Chapters cover basic techniques and recommend drills. Later discussions focus on mental skills that will improve hitting percentages such as studying the pitcher, paying attention to the count, understanding an umpire, and situational hitting. Children familiar with the game and their coaches will find this title useful and attractive.Michael McCullough, Byron-Bergen Middle School, Bergen, NY Copyright 2000 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I love this book...it breaks down batting like no other book. It has many aspects of hitting such as: The Grip, Stance, Vision, Balance, Hitting position, Pre-Swing, The step, The top and bottom hand, hand to ball drills, and most importantly the follow through. It also has timing, pulling and tracking the ball. What i liked about this book is it has a developing quickness section that teaches you what you can do to have stronger forearms for better bat speed. What i also liked is that it has a mental part of hitting chapter with sections that cover.what to do on the on deck circle, the pitch count, umpires, and more. Also it has a "art of bunting" chapter...which i believe most coaches don't really teach us how to bunt correctly and they don't really practice it a lot. So i really like that section. My favorite chapter is the "handling failure" chapter. So i really like this book and i would recommended it to somebody who wants to step up their batting game.

Bought for a 14 yr old and he seems to feel it will improve his hitting

I've bought quite a few baseball books the past four years. My 9 year old son picked this one out himself. This author logically dispels many myths, i.e., "Tight grip on the bat!" (no, tight grip on the bat equals tight muscles all over - not a good thing) "Level Swing!" (no, the ball is delivered by the pitcher well above the pitcher's head and the ball is aimed down toward the catcher's mitt, so it is more efficient for the batter to have a slight up-swing). The chapter on bunting (such a lost art) is the best I've ever read. There are some very excellent drills in this book - our favorite is taking batting practice while sitting in a chair (this is geared toward working on wrists and arm movement during batter's swing). This is a VERY fun book that parents can enjoy with their young ball player. My son has improved 100% since taking lessons from this book. This book is a homerun!!!

This book is replete with outstanding basics for the young hitter. Constant reassurance and positive

phrases abound throughout the book. Drills accent the most basic of fundamentals and progress into the necessary skills needed for the high school player to be successful. Fantastic photographs of Ken Griffey, Jr. and Alex Rodriguez emphasize the key points of instruction. Simply put, this baseball instructional book is in a class above most.

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