

DEVELOPING MEGATON SWING STRENGTH

OVERVIEW:

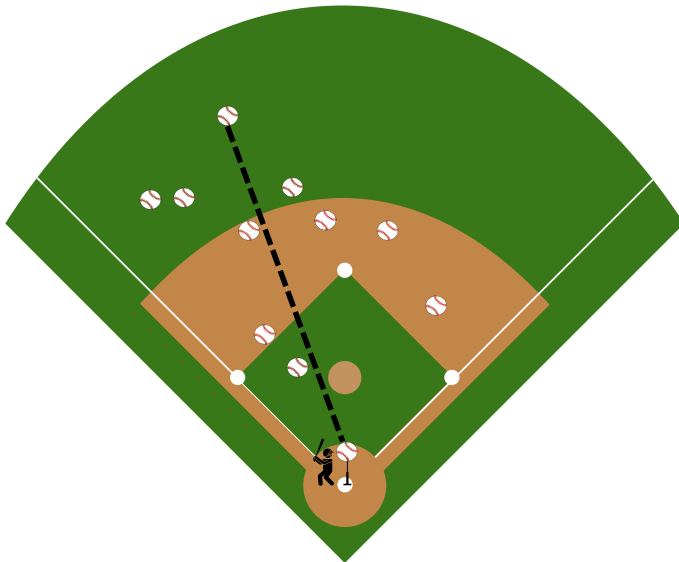
In today's game, hitting the ball powerfully is a strategic part of the offense and must be developed to be successful. Without the ability to hit the ball powerfully, the defense can move in, shrinking the field and nearly guaranteeing an out. Think about it like this:

*If you don't force the defense to guard the whole field,
they will only have to guard the few places you can hit it*

PROPOSE:

Determine if the swing strength development routine you and your coach are using is actually improving your swing strength.

Off a stationary tee, strike a 10 baseballs for distance. Pace off the farthest and record that as your best for that test



**10 swings off
stationary tee on
the field**

**Farthest ball hit:
62 paces**

EVALUATE:

How many paces from home plate was the farthest ball you hit

ASSESS:

Work with your coach to determine if the drills, activities, and exercises you are using are boosting your swing strength.

YES

Keep using the activities until you can hit baseballs out of the park off a Stationary Tee consistently.

NO

Replace with ones that will improve swing strength by 5 paces or more.

RETEST:

After 30 days, retest and reevaluate