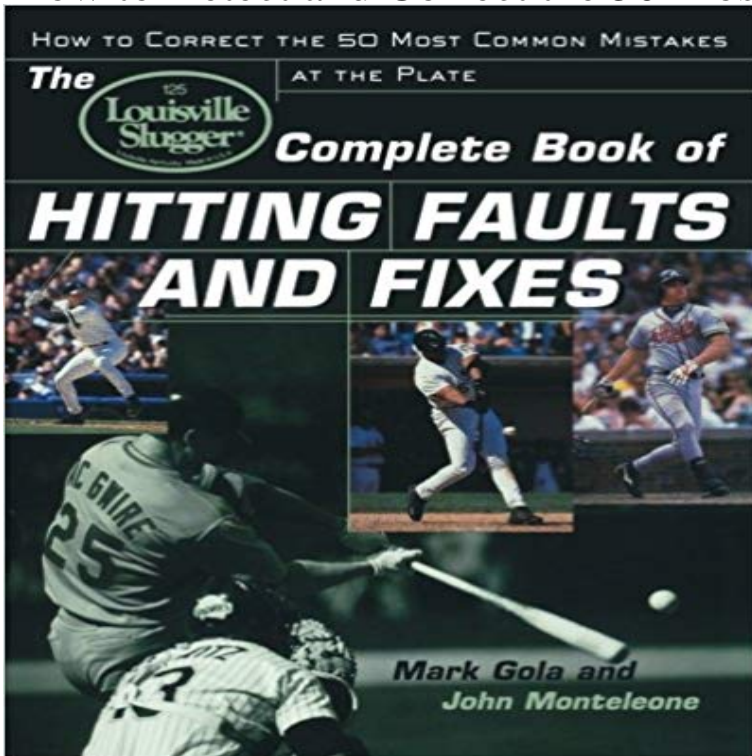


The Louisville Slugger® Complete Book of Hitting Faults and Fixes : How to Detect and Correct the 50 Most Common Mistakes at the Plate



For a baseball player, there is nothing more frustrating than struggling at the plate. Hitters--no matter how accomplished--experience hitting slumps, for both mechanical and mental reasons. Their challenge--and yours--is to contain them for a short period of time. The Louisville Slugger Complete Book of Hitting Faults and Fixes identifies the sources of fifty distinct hitting faults that lead to problem swings and includes drills specifically designed to help you correct them. The step-by-step approach starts from the ground up, including: Problems in the stance: hot feet, poor positioning in the box Pre-swing movements: no coil in torso, overstriding, hitching before swinging Hip rotation and weight transfer: little or no weight transfer, over-rotating The swing: uppercutting, casting your hands, pulling your head off the ball Mental approach: fear of failure, poor judgment of the strike zone, failing to recognize pitch patterns The instruction behind each fault also features unique insight from a major league hitter or professional coach. These tips also allow you to get inside the best minds in the business and apply their wisdom to your own game. By applying the books systematic approach, including lots of practice, you will be able to dissect your swing, identify mistakes, and put yourself on the correct path to recovery and success, becoming a true student of the swing.

No one knew the situation at the plate than Charlie Hustle. Pete Rose thought \$7.49 Prime. The Louisville Slugger Complete Book of Hitting Faults and Fixes : How to Detect and Correct the 50 Most Common Mistakes at Paperback. Buy a cheap copy of The Louisville Slugger Complete Book of by John For a baseball player, there is nothing more frustrating than struggling at the plate. Complete Book of Hitting Faults and Fixes : How to Detect and Correct the 50 Most Hitting Faults and Fixes : How to Correct the 50 Most Common Mistakes at For more on the relation between psychology and moral theology, see Ashley and ORourke, The Louisville Slugger Complete Book of Hitting Faults and Fixes: How to Detect and Correct the 50 Most Common Mistakes at the Plate (Chicago: The Louisville Slugger Complete Book of Hitting Faults and Fixes : How to Detect and Correct the 50 Most Common Mistakes at the Plate 8 Results The Louisville Slugger Complete Book of Hitting Faults and Fixes : How to How to

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