

1**Bat Drag**

You lose bat speed when the knob of the bat lags behind your back elbow during your swing. This is known as “bat drag.” You will find that most Major Leaguer players have **zero** bat drag, maintaining a front-arm-to-knob-to-back-arm angle greater than 90 degrees. This helps them to have less problems catching up to a 95 mph fast ball!

**2****Casting**

Top bat speed throughout your swing is decreased when you immediately “cast” the bat away from your head and back shoulder at the start of your swing. This causes you to straighten your front arm too soon. The less your front arm resembles a straight bar at the start of your swing, the better you will hit in the long run!

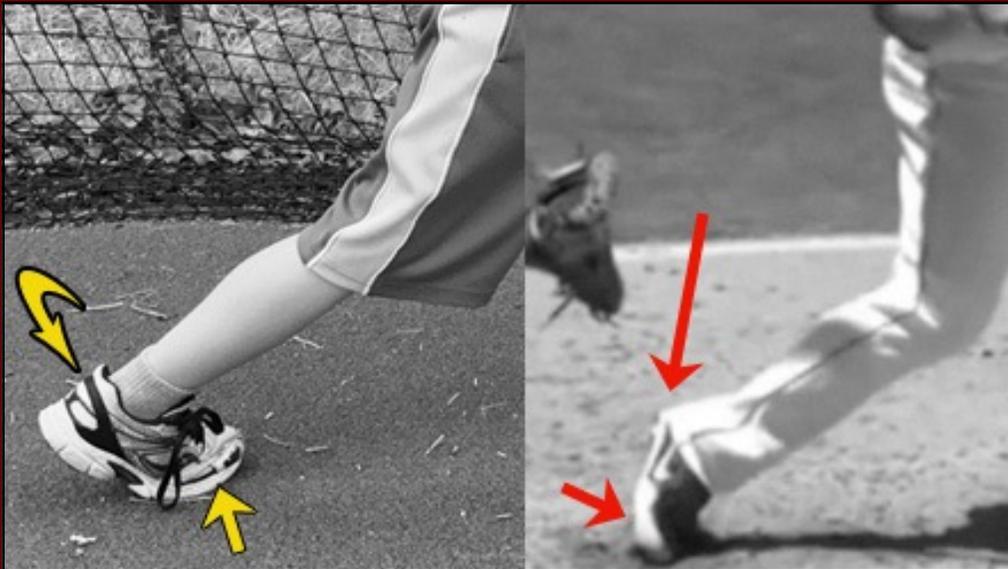


3

Squishing the Bug

You lose ground force, which translates to a significant LOSS OF POWER, when the heel of your back foot moves behind your back toes at the beginning of your swing. Said another way, you can generate the most power with your swing when the back heel is able to explode forward ahead of your toes.

Unfortunately, “squishing the bug” (as this incorrect back heel movement is often termed) is frequently taught (wrongly) to youth as the movement they should be performing with their lower bodies. These same youth will then have to work much harder when they get older to reverse years of incorrect muscle memory movements in order to hit with more power.



HUSTLE3 Hitting Packages

We know how challenging it can be to learn to hit a baseball. Sign up today for HUSTLE3 Hitting and let us simplify the process into understandable steps geared toward helping you perfect the muscle memory patterns that just work!

[**Click Here to Sign Up**](#)



- ★ GET STARTED ★
- 1 Video Analysis Each Month
- Customized Weekly Training Plan
- Personalized Coaching Videos

\$30 per month



- ★ MOST POPULAR ★
- 2 Video Analyses Each Month
- Customized Weekly Training Plan
- Personalized Coaching Videos

\$45 per month