

Legal Stuff

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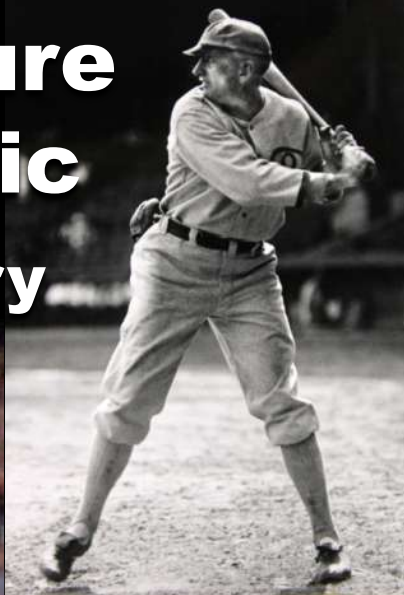
My family and I thank you.

Chris O'Leary
December 2015

Version Beta 1

A One-Picture Hitting Clinic

by Chris O'Leary



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Candidates



**When talking
hitting, I use
baseball &
fast pitch
softball clips
interchangeably.**

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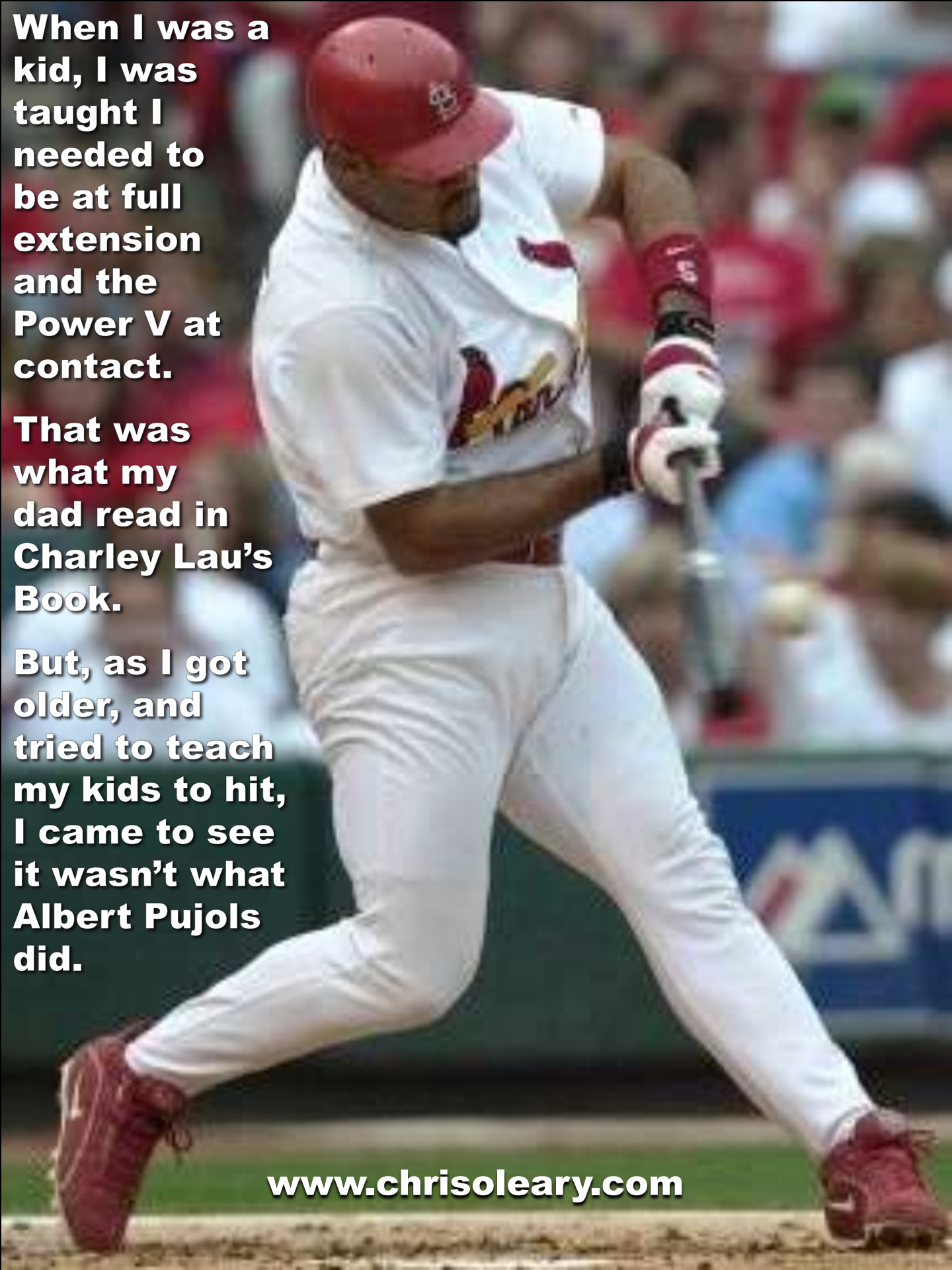
**I hope this
explains why.**

When I was a kid, I was taught I needed to be at full extension and the Power V at contact.

That was what my dad read in Charley Lau's Book.

But, as I got older, and tried to teach my kids to hit, I came to see it wasn't what Albert Pujols did.

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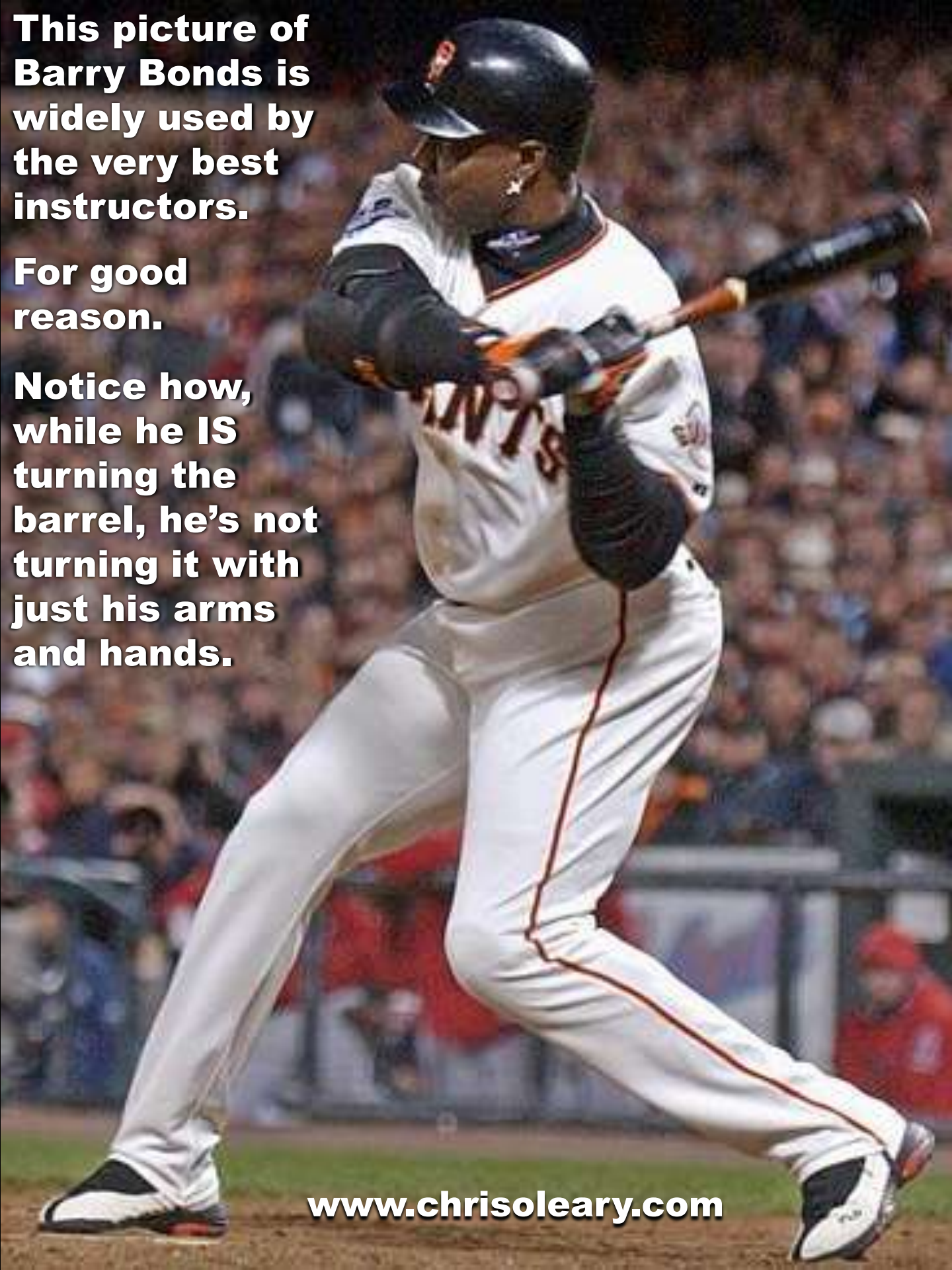


This picture of Barry Bonds is widely used by the very best instructors.

For good reason.

Notice how, while he IS turning the barrel, he's not turning it with just his arms and hands.

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This picture of Mickey Mantle is one of my favorites. Notice how the Rotation of his hips and shoulders, not just his hands, are delivering the knob and the barrel to the hitting zone.

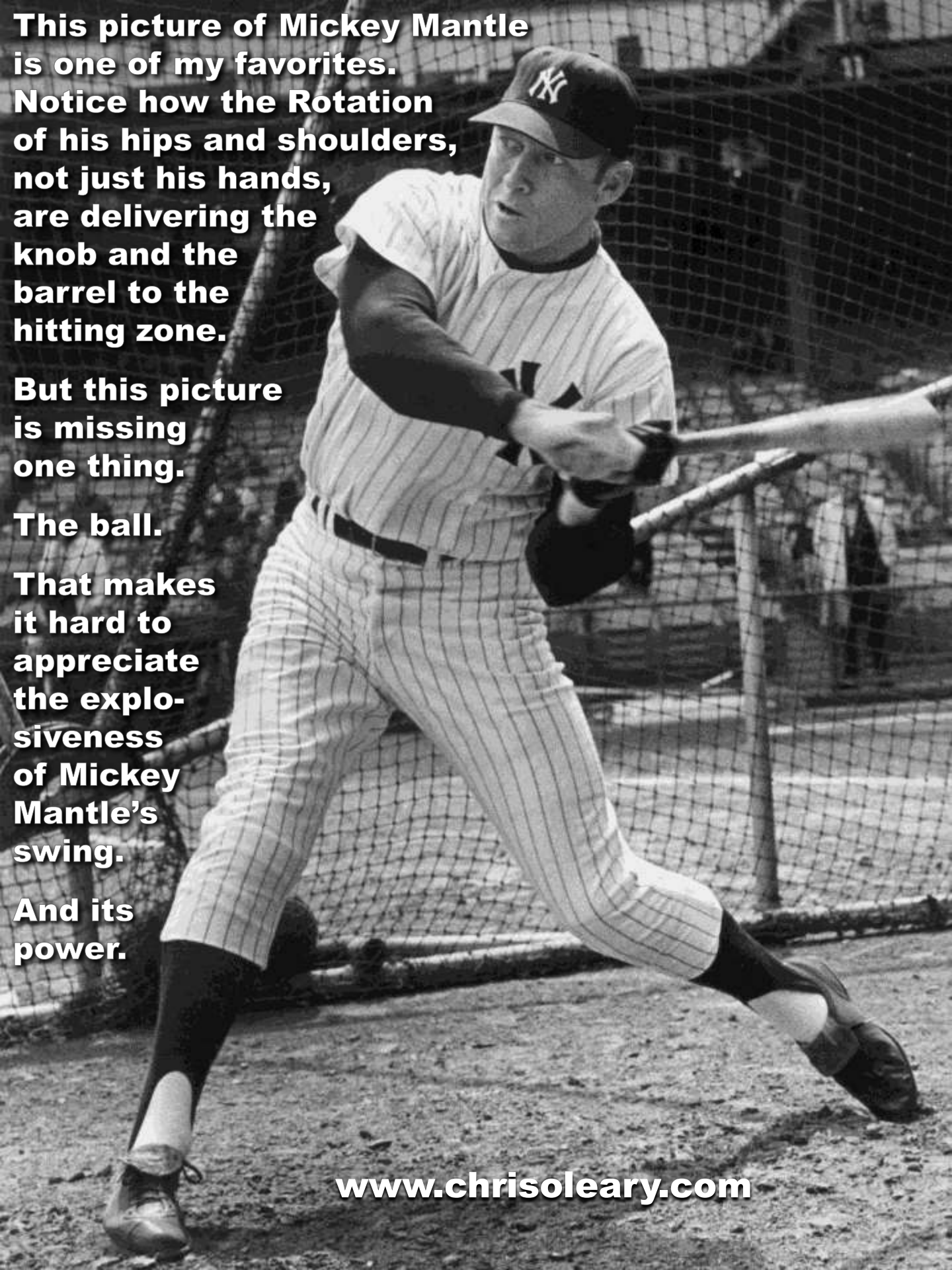
But this picture is missing one thing.

The ball.

That makes it hard to appreciate the explosiveness of Mickey Mantle's swing.

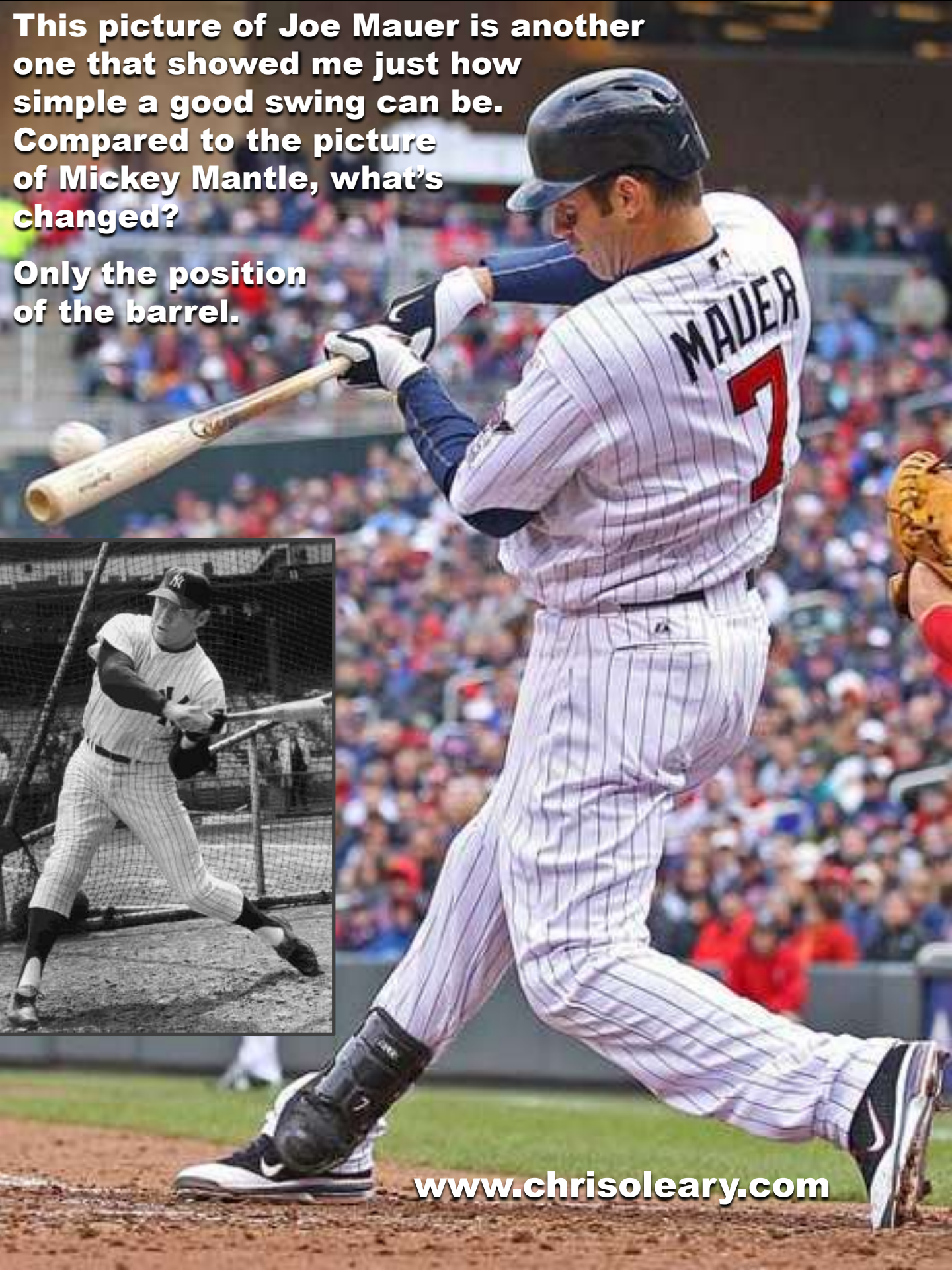
And its power.

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This picture of Joe Mauer is another one that showed me just how simple a good swing can be. Compared to the picture of Mickey Mantle, what's changed?

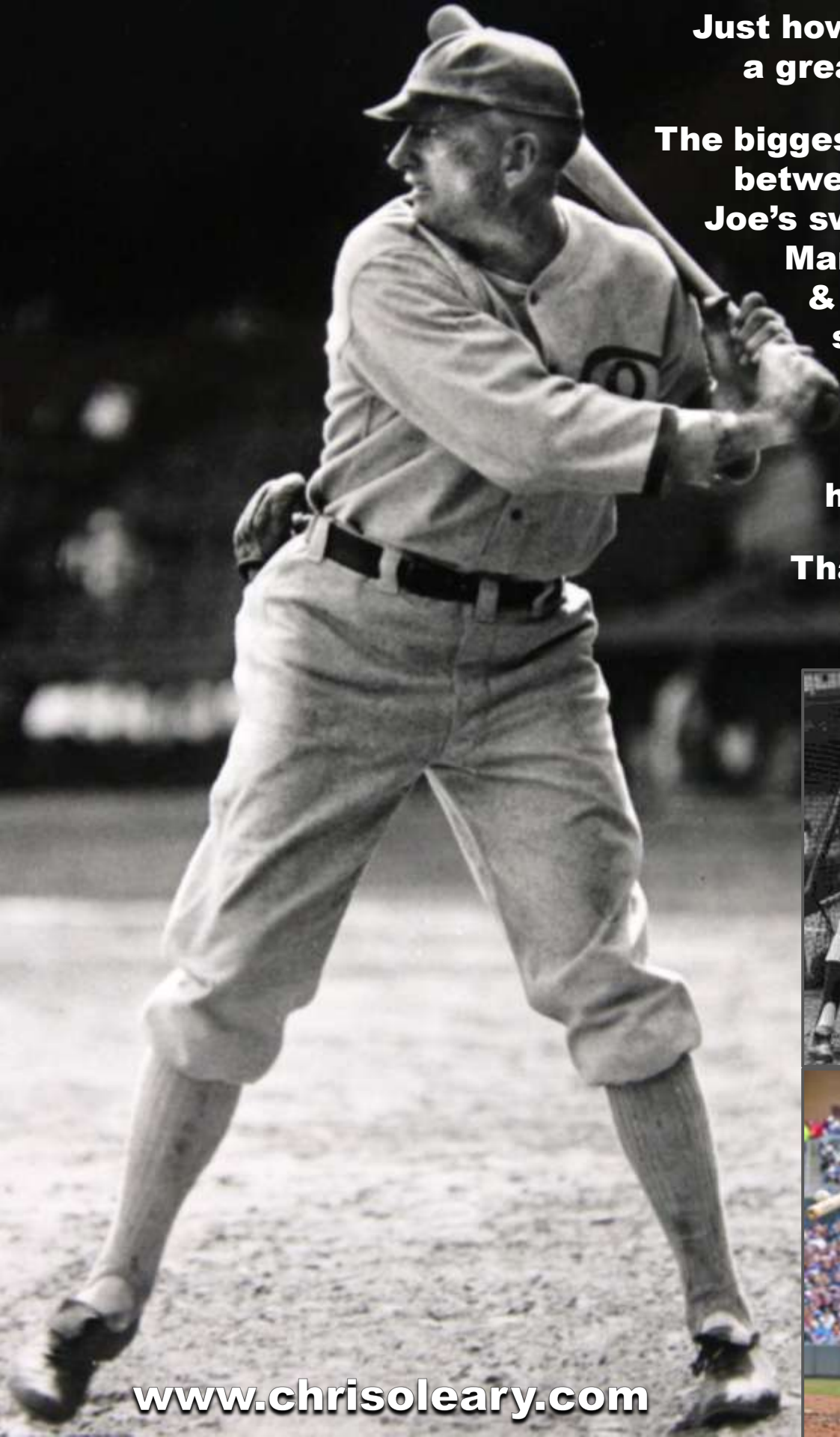
Only the position of the barrel.



**Just how simple can
a great swing be?**

**The biggest difference
between Shoeless
Joe's swing, Mickey
Mantle's swing,
& Joe Mauer's
swing is that
Mantle's
and Mauer's
shoulders
have rotated.**

That's about it.



**But can a
kid do that?**

**This picture
shows a
young
client of
mine in
the same
position
as Mickey
Mantle.**



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The Winner