

Off Season Swing Repair

At this point in the calendar year, just after the winter worlds, is the optimal time to adjust or rework your swing mechanics in preparation for the 2022 season. This time period is also commonly used for letting those nagging injuries heal. If no injuries are impacting you, it's a great opportunity to make those swing changes and fixes you could not find time to do during the regular season.

Tiger Woods was once quoted as saying, "the golf swing is dynamic; it's always changing, so you just can't drive a stake in the ground to hold your swing constant once you've got it where you like it". I also believe the softball swing needs constant attention. Most likely, you will be adjusting and fixing your swing from time to time.

Have you ever had a coach or teammate point out to you that you're doing something different than just a month ago with your swing, and so happens you are currently struggling at the plate? Or that you have stopped doing a technique that you took time to incorporate into your swing which had improved your performance?

Understand that I'm not talking about a major remake of your swing, which requires much more time and resources and is normally addressed in a formal swing clinic. However, just by addressing a few troubling faults that are now part of your swing and fixing them, can be of immediate benefit.

So, how can you identify swing flaws? Viewing video is an excellent way to see yourself when evaluating your swing flaws. You may be surprised at what you are actually doing when you swing versus, what you think you're doing. For example, in looking at video of yourself you can see where you are contacting the ball in relation to your body, which can be a problem for many senior softball players.

By utilizing self-video, swing flaws can be detected and targeted for fixing. While reviewing your swing on video, you might see that you're leaking out early on pitches and topping the ball for ground outs; or you're allowing the pitched ball to travel too deep into your stance and then fighting the pitch off, resulting in opposite-field pop ups and easy fly balls.

Aside from video you can ask a teammate, that knows their stuff, to evaluate your swing by observing you and then identifying problem areas and making suggestions to correct defects. After you have identified your obvious swing flaws, use indoor batting cages, batting tees, dry swings, and most importantly, live BP to commit your swing changes to muscle memory.

Below are a few primary things to look for when evaluating your swing video:

- Maintaining a balanced batting stance with proper foot placement,
- having an effective weight transfer to the frontside,
- hands should be moving directly down to the ball for an ideal hand path,
- turning the bat-head deep into the pitch plane that facilitates hitting to all fields,
- creating bat-lag that stays behind your hands until contact,
- checking your swing for proper rhythm and tempo,

Rhythm is the sequential connecting of imaginary dots that make up your swing path. Tempo is how quickly you connect those dots which affects bat speed. Make certain you don't skip over a connecting dot in your swing, or you will disrupt both rhythm and tempo which are essential for bat-speed. Having pre-movement with your bat gives your bat-head a running start that will add to overall bat-speed. Don't forget that relaxed muscle moves faster than tense muscle which supports our principle of being quick to the ball.

Use the links provided below to review my previous hitting articles for SSUSA to help identify your existing swing flaws, along with a link to a video explaining what swing flaws look like.

My hitting articles since 2011: <https://www.bashman01nwseniorsoftball.com/hitting-articles>

Identifying swing flaws video: <https://www.youtube.com/watch?v=h57B-gg6-b4>

Happy hitting,

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