

GETTING BACK IN THE SWING OF THINGS

The global pandemic, created by the Sars-Cov-2 Covid-19 virus, has taken its toll on America creating much pain, suffering and loss. Hopefully, the end is near. As a consequence of the virulent virus, our seniors missed a great deal of time, both on the practice field and in game action, during 2020. Now that another season is here, and by adhering to covid protocols established by SSUSA, we plan on playing a full 2021 campaign. In countering the unplanned hiatus, I propose we all take time in reviewing basics of an effective softball swing before your season begins.

- Control your swing with the bottom hand on the bat releasing the top hand just after contact is made with the ball. This bottom hand control action will prevent you from pushing the bat to the ball with your top hand which is inefficient in producing good bat speed. Try and spin the bat around your hands when swinging to generate maximum power. Perform a weight transfer from your rear foot to your front foot leaving little weight on the back leg when finishing your swing,
- Finish your swing with a fluid follow-through around your body using only the lead arm. This will minimize the stress you put on the rear shoulder by releasing the top hand early. Proficient hitters have mastered the skill of flexing the lead arm (i.e., no arm-bar) forming a slight bend but not totally straight, as the bat is lagged into the hitting position and snapping into the ball,
- Power is generated from the synergy that comes from the workings of your lower body rotation and upper body. When rolling your wrists at the ball, initiate the roll with your bottom-hand turning under (supinating palm-up), then bring the top-hand over the bottom hand (pronating palm-down) for a screaming shot,
- The faster the bat can get into the hitting plane and across the plate, the harder and further the ball can travel. Remember, that providing under spin to the ball will carry it further than a direct hit to the middle of the ball. A top-spin hit typically produces a ground ball. By striking the ball just below the imaginary equator on the softball, the result is an under-spinning action that results in more distance,
- The effort required to drive a ball over a 300-foot fence is not a function of body size or arm strength. Strength is not Power! Power is accomplished by moving the bat's mass over a distance in a certain time interval. Strength doesn't factor in how long it takes to perform a task but power does. The faster you can move the bat through the hitting area the more power you produce,
 - $\text{Power} = (\text{Work Performed}) / (\text{Time Period})$: where Work is Force applied to displace an object a particular distance,
- Bat-lag is the situation a batter creates when the bat-barrel is lagged behind where the hands are positioned. The bat is "forced" to catch-up to the hands producing lightning bat-speed. Bat-lag technique is used by all skilled hitters as it creates a rapid movement of the bat-head to the ball,

The review in this article covered controlling the swing with the lead arm and hand, transferring your weight correctly, creating bat-lag, flipping the bat to the ball creating snapping action, and power stems from quickness.

HAPPY HITTING,
ART EVERSOLE

