

## MORE POWER WITH PALM/UP PALM/DOWN TECHNIQUE

There resides in the game of softball a veritable plethora of dissimilar setup stances, but once a hitter reaches the contact point in their swing, all the many differences in setup end and the similarities of the proficient softball swing begin. That point in the swing is the “palm-up/palm-down” hand position. In developing a more powerful and precision swing to the ball, your hand positioning and path are imperative to achieving both a swing that produces power along with hitting skill. I’ll discuss in detail how this technique works.

I prefer a pulling action with the bottom hand to initiate my swing to the softball. My top hand is employed after the pull begins, which delivers maximum swing speed and aligns the bat barrel on plane early. The purpose of having a “palm up/palm down” hand position at contact, is to allow the top hand to fire the barrel through the ball without rolling over the wrists too soon. A wrist rollover is where the top hand takes over too early in your swing, moving the top hand up and over the bottom hand producing a bat plane change, that promotes mis-hits. This technique, “palm up, palm down”, hand position allows the barrel of the bat to stay in the hitting zone longer producing a driving action of the ball that maximizes the barrel trampoline effect.

Make certain you have a proper grip (i.e., aligning your “door-knocking knuckles”). A bad grip will not allow your wrists to be as effective at accelerating the bat head for bat speed. Typically, the top hand is the dominate-power hand in your swing and is normally your throwing side hand. Your bottom hand gets the bat started and aligns the bat barrel to the incoming ball. A common mistake made by hitters is to allow the dominate top hand to take over your swing too early. This swing flaw promotes both “casting” and the barrel head rolling-up on the ball producing a weak ground ball instead of driving the ball to the outfield. Remember, hitters that break their wrists early in the swing or roll over before or at the point of contact usually windup with less playing time.

In highly effective softball swings, the top hand/forearm supinates while the bottom hand/forearm pronates and are performed simultaneously. These movements of the top and bottom hand coupled with good body mechanics will turn the barrel behind the batter and on plane with the incoming pitch. So, the turning of the barrel to the incoming pitch plane is done with a forearm pronation and supination. This action transitions into the wrist snap (ulnar deviation) striking the ball in the palm-up/palm-down position. This classic position keeps the bat on plane and delivers a greater force.

### **REFER TO THE INSERT FOR THE SWING MECHANICS:**

1. Begin with your back elbow up and level with shoulders forming a “V” shape with your rear arm,
2. Raise back elbow upward in a rearward stretch with the front shoulder pointing down toward the pitch as you start your swing,
3. Turn the barrel behind your body toward the catcher and then forward to meet the incoming pitch with a slight uppercut action; lead arm is straight, back arm is “L” shaped in a palm-up/palm-down position at contact,
4. Don’t roll your wrists, but unhinge them in a forward direction staying inside the ball, then extending bat upward toward centerfield,
5. Complete swing by rolling wrists moving the bat around your body to begin the follow-through,
6. Lastly, release top hand and finish with a smooth and controlled follow-through.

Watch Julio Rodriguez of MLB Home Run Derby fame perform this swing: <https://www.youtube.com/watch?v=iQe379UykLo>

Happy Hitting,  
*Art Eversole*



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