

ROTATIONAL HITTING

EXPLAINED

Did you know?

1,500 players get drafted a year. Roughly 20 ever make it to the BIGS and only one on average becomes a HALL of FAMER



LET'S CUT THE CONFUSION ABOUT ROTATIONAL HITTING

Who wants to keep debating about rotational and linear hitting? Not me!

The goal of this PDF is to explain the principles of a rotational/linear swing in as little words possible. Hitting a baseball has a lot to do with simplifying the process. Truly understanding the process is no different. There is a lot of confusion that still exists within the baseball community in regards to Rotational v.s Linear. Part of this confusion stems from the choice of words that baseball coaches use to articulate the movements of a correct swing.

Certain phrases like:

- 👉 Straight to the ball
- 👉 Get on top
- 👉 Attack the top half of the ball •
- 👉 Get backspin •
- 👉 Stay On top •
- 👉 Chop Wood •
- 👉 Hit the ball out in front
- 👉 Throw the hands
- 👉 Squish the bug



These are all phrases that have absolutely no place in the realm of a sound swing.

Like what has been discussed within the Blue Print, in order to have a sound swing that produces bat speed you have to be able to:

- **have a certain kind of load(hands moving back a little before moving forward)**
- **the bat plane has to be on the plane of the pitch as soon as possible for as long as possible**
- **and the head movement has to be at a minimum**

So now that we know what the pillars are, what is the relationship between the rotational swing and the linear?



Well they are complimentary to each other. They both exist to balance the movements of their counter parts. You have to have a linear aspect to initiate the swing and you have to have a rotational aspect to actually bring the bat through the zone.

You can't have a strictly linear swing with no rotation but you can however have a strictly rotational swing. The problem is that there will be limited power since very little momentum will be cultivated during the pre-swing movements.

So if you need a euphemism to help explain the correct movements in a powerful and effective swing, here is one:

“IT’S LINEAR TO IT AND ROTATIONAL THROUGH IT”!!

WHAT ROLE DOES “LINEAR” PLAY?

The only part that the “Linear” aspect of the swing has influence on is in the stride. The “Linear” aspect creates and develops momentum.

It’s the process of moving towards the pitch or creating separation which is completely fine so long as there is minimal head movement as what was discussed before.

That’s it!!!! There is no need for confusion anymore. No need for hitting gurus claiming that one aspect is more important than another! Hitting is about balance. Physically, mentally, emotionally, and in this case mechanically!

Good Luck!

