



Brewers 1st round draft choices w/ hitting Coach Prater
2002 Prince Fielder 2003 Rickie Weeks



Bernie Mac w/ Coach Prater on location w/ Mr.3000

Advanced *SWINGTHERAPY* Program

UNLEASHING YOUR “POWER” POTENTIAL

Week 1

Focus points:

Developing a consistent “swing path” . “Releasing” the bat head . Maximum direction to the ball and thru the ball
Through the years batters have been exposed to an array of cliché instructional phrases:

- **Swing down on the ball**
- **Swing level**
- **Don’t swing up**
- **Stride where the ball is pitched**
- **Roll your hands; don’t roll your hands**
- **SIT, BEG....GOOD BOY!**

You don’t just “SWING” the bat; the bat head must “RELEASE”

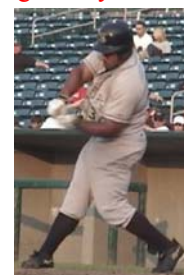
Often times hitters try and generate their swing using too much body or by simply just “swinging” the bat rather than exploding the bat head thru the contact zone. Advanced hitters understand that to unleash their power potential, they must feel the bat head “release” through the ball at the point of contact. Hips begin to rotate, hands stay inside ball, bat head releases thru the ball. Short and quick to the ball, long thru the ball. Bottom line, get the bat head square to the baseball at the point of contact by keeping your body in good athletic position throughout the swing. Pitchers change location up and down – in and out in an effort to keep hitters from “grooving” their swing path to their pitches. If their pitches were always in the same spot a hitter could swing in the same spot each time. A hitter must get the bat head from the “starting” position, to the ball in the contact zone, thru the ball with good direction so as not to hit the ball straight into the ground, pop the ball up but rather meet the round ball “square”. Hands begin to take bat head down into the hitting zone and find a consistent “slot” level through the zone as the at head continues to travel down to the ball then through the ball.

“They give you a round bat and they throw you a round ball. And they tell you to hit it square”. –Willie Stargell Pirates 1962-82

19-year-old Prince Fielder of the Milwaukee Brewers
2003 stats: .313 BA 27 HR’s 112 RBI’s - Midwest League Player of the Year



Hips begin to rotate; hands inside ball; barrel “back”



Hips finish rotating; barrel releases thru ball

Drills: Sign up NOW !

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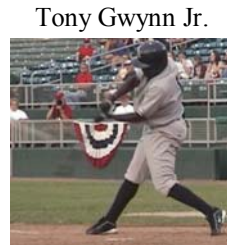
Week 2

Focus points:

Getting body into optimal position to unleash power potential / “Power-L” position
Power generation begins in the feet

The swing starts at the feet and works its way out to the bat by correctly transferring energy through the body in specific sequential order. The ideal kinetic link produces increased bat velocity by transfer of energy from the stronger and heavier body parts (legs and arms) then out through the bat. Bottom line, our lower half is the base of support for the swing. When optimal weight distribution and optimal balance are achieved throughout the swing hitters are able to keep their head still, create the necessary swing path for the hands as well as create a solid base to unleash their power potential (Power-“L” position)

“The greatest thrill in the world is to end the game with a home run and watch everybody else walk off the field while you’re running the bases on air” --Al Rosen Indians third baseman 1947-56



notice their back leg; full pivot on the back foot, back leg makes a backwards “L” shape

Drills:

SIGN UP NOW !!!!!

Mental tip:

Focus on hitting the ball with your back hip rather than your bat. Explode with your back hip to the ball like there was a bat attached to it.