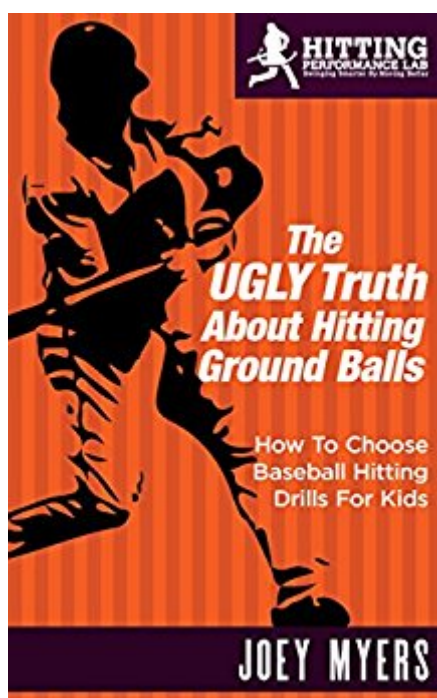




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# The UGLY Truth About Hitting Ground-Balls: How To Choose Baseball Hitting Drills For Kids



## Synopsis

"If you're 10 years old and your coach tells you to get on top of the ball...tell him NO."- Josh Donaldson, 2015 AL MVP, 3-Time All-Star, Toronto Blue Jays "I do have a little bit of lift to my swing. Everybody swings different. When I get my best swing off, it's a line drive or it's in the air. If it's on the ground, it's not my best swing."- Nolan Arenado, 2-Time All-Star, Colorado Rockies

Primarily Teaching Baseball Hitting Drills For Kids To Hit Ground Balls Is Idiotic & DOES NOT Make Sense

The objective of this book is to guide coaches in picking "effective" drills to help kids get the ball in the air. In other words, this book will teach you HOW TO fish. CAUTION: this is a RANT to end all rants, REVEALING the ugly truth about teaching hitters to consistently hit ground-balls. You're in for a wild ride, so please proceed with caution.

This book addresses the following objectives coming from pro ground-ball hitting coaches:

- How many games they've won with grounders,
- How fielding percentage is way lower than fly-balls,
- That it's much easier to catch a fly ball,
- How great outfielders track fly balls,
- How more can go wrong with the defense keeping the ball on the ground (can't get a bad hop in the air!),
- If their team hit more grounders, then they'd score more runs,
- How some of the most winningest coaches in college baseball history, Gordie Gillespie and Augie Garrido as examples, stress keeping the ball on the ground to their hitters,
- How you HAVE TO TEACH a 5'6", 135-pound High School hitter to hit the ball on the ground because his batted ball distance maxes out at 250-feet! And,
- How even pro coaches and "great hitting instructors" never promote hitting fly-balls.

By the end of this ground-ball RANT, you'll either be convinced getting the ball in the air is the most effective way to score runs (line drives are balls in the air by the way), OR you're being willfully ignorant, in which case, there's NO hope for you. What I do know for sure is, you'll continue to get beat on the ball field. DO NOT read this book if you believe great hitters cannot be made, and are just born. ENJOY!

## Book Information

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## Customer Reviews

Very little concrete and specific details on how to hit. Lots of evidence that ground balls are bad. After reading this book, I do not feel like have a better understanding of how to teach kids not to hit ground balls. Additionally, all of this information is available for free on different parts of the author's website. In summary, it is a tease for you to buy more of his products. However, the author does nothing to convince you that he has is capable of teaching you to hit effectively. A major disappointment!

I thought the book would have gotten into drills for youth baseball players. But never the less it was a great read for me to convince other coaches about swing plane.

This book IS the new age of hitting. Explanations are thorough, backed by excellent examples. Good to have this out in the world to back up what I've been trying to do in my neck of the woods. There is enough failure in baseball, why subject kids to more by not teaching this style.

You have renewed my confidence that humanity has at least one instructor that understands the science behind human motion relative to baseball and softball.

While I agree with his opinion, this was basically a glorified internet article. Very short. If you read the chapter headings, you'll basically get the same amount of information as if you were to read the whole book.

This book is a great compliment to The Catapult Loading System. If you want powerful hitters then

forget swinging down or squishing the bug. Joey is as good as there is.

Quick pointed discussion on hitting philosophy with scientific data to back up claims and links for further information. Good self check if you are a coach, great parent teacher if you are trying to help your kid.

Uses science and statistics to break down the mentality that hitting ground balls is the proper approach to hitting. Appreciate that Joey uses science and how the body moves as the basis for his instruction.

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