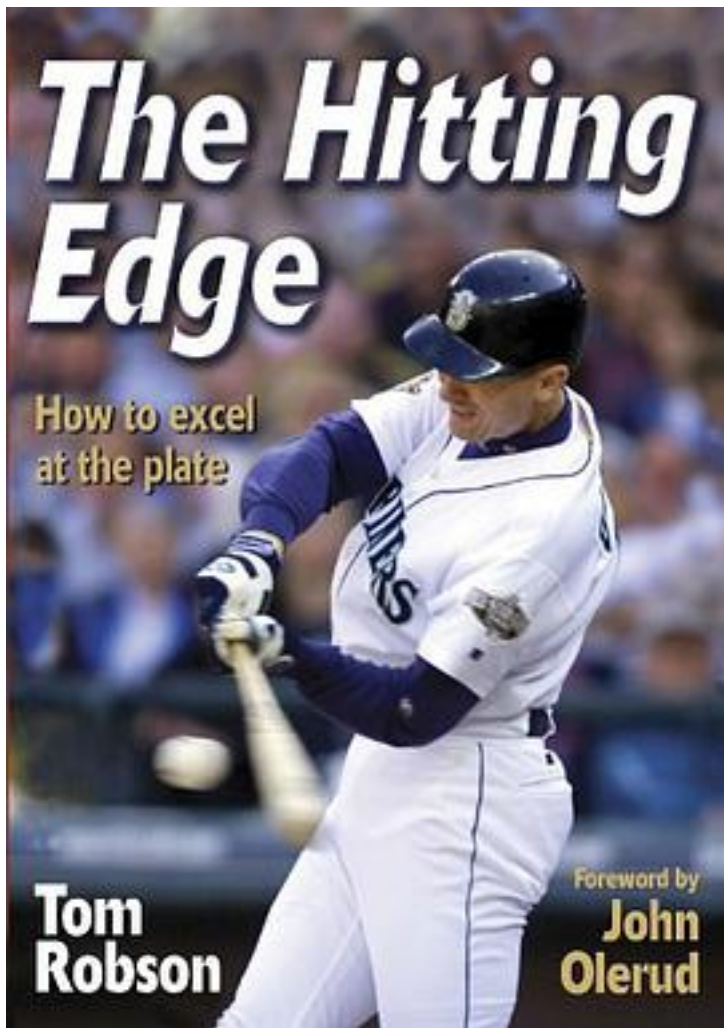


The Hitting Edge



[The Hitting Edge_ 下载链接1](#)

著者:Robson, Tom

出版者:

出版时间:2003-3

装帧:

isbn:9780736033367

Hitting a hard-thrown baseball is one of the most difficult skills in sports. "The Hitting

Edge" simplifies the task by focusing on key features common in every successful hitter's swing: dynamic balance, sequential rotation, axis of rotation, and bat lag. Author Tom Robson identified these hitting "absolutes" through extensive video analysis and research and his on-field role as a major league hitting coach. He confirmed the importance of the four factors by studying the best hitters of the modern era, such as Sammy Sosa and Mark McGwire, and working with top batsmen like Rafael Palmeiro and John Olerud. And a hitter doesn't need to be an all-star to benefit from Robson's instruction, because it applies across all levels of competition and allows for all types of individual swing styles. Robson also recognizes that batters aren't robots, and human factors sometimes interfere with hitting mechanics. So he also teaches how to develop better focus and a more positive attitude at the plate. But it takes more than the right stroke to develop consistent contact and power. Focus. Split-second timing. An eye for the perfect pitch. Great hitting requires all these elements and more. Much of "The Hitting Edge" is dedicated to the physical and mental details of preparing for the pitch, followed by six information-packed chapters on the mechanics of the swing. Loaded with concise instruction, skill demonstration, photos, effective drills, and more, Robson's book cleans up where other hitting books strike out. Take the knowledge available in this book with you to every at-bat and you'll have "The Hitting Edge."

作者介绍:

目录:

[The Hitting Edge_ 下载链接1](#)

标签

评论

[The Hitting Edge_ 下载链接1](#)

书评

[The Hitting Edge_ 下载链接1](#)