

Hitting: From The Ground Up

Lower Half Rhythm

Rhythm

Force (Weight Transfer)

Free (Flexible and Balanced)

Hip Acceleration

Flow (Loading)

Force (Behind and Inside)

Free (Dancing)

Knee Flexibility

Flow (Flexion)

Force (3 Inches)

Free (Stack and Attack)

Connecting: Knee, Knob, and Hips (Short and Inside)

Drills

Cutting the Plate

Mentality vs. Mental Approach

Nino Giarratano
University of San Francisco
Head Baseball Coach
415.422.2934
giarratano@usfca.edu