



Hitting Review

BASEBALL FACTORY



# HITTING MECHANICS 101

Grip and head position

Set-up and stance

Stance to launch

Launch to contact

Point of contact

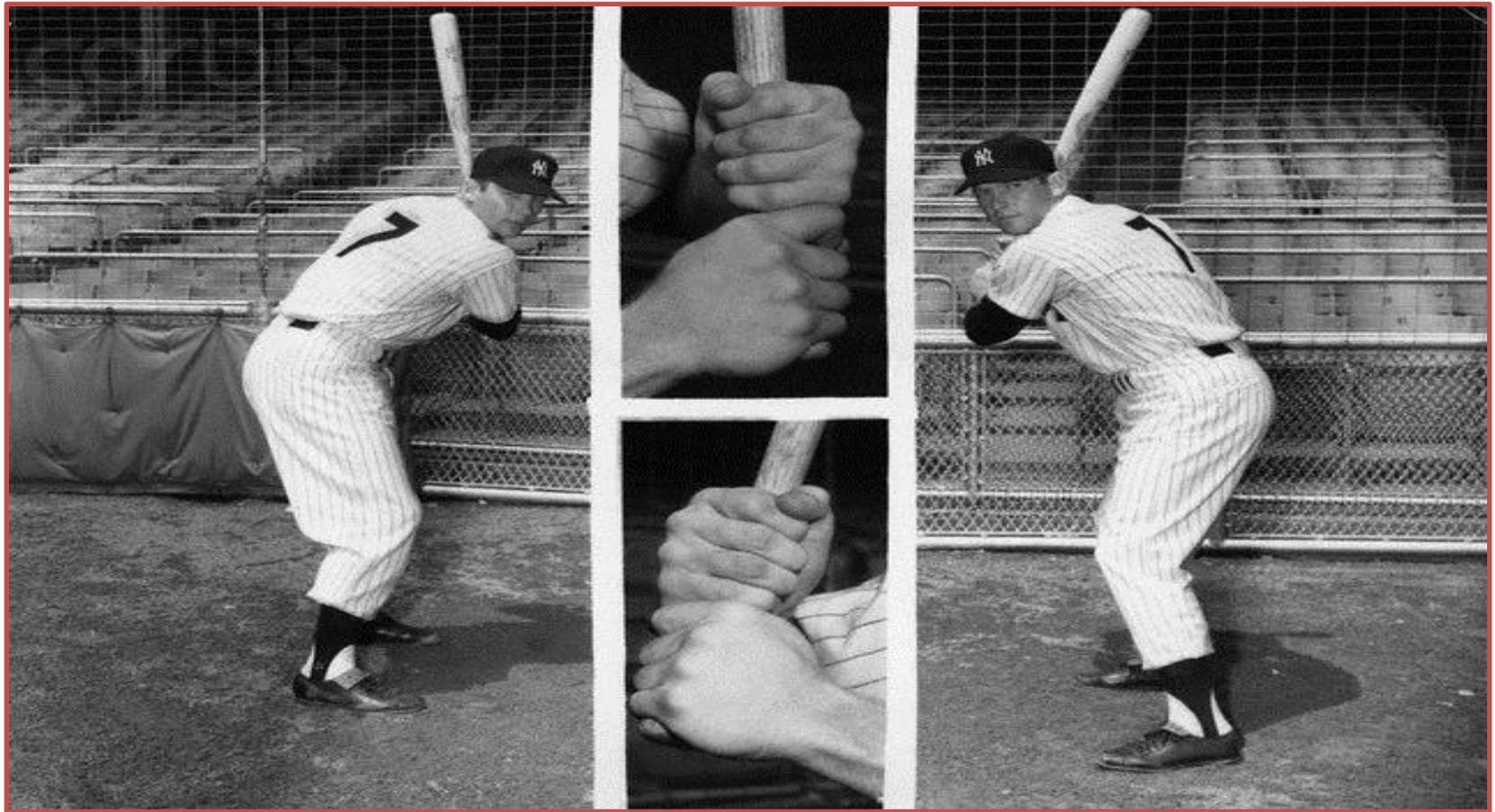
Finish



BASEBALL FACTORY



# Grip and Head Position



BASEBALL FACTORY



# Grip and Head



BASEBALL FACTORY



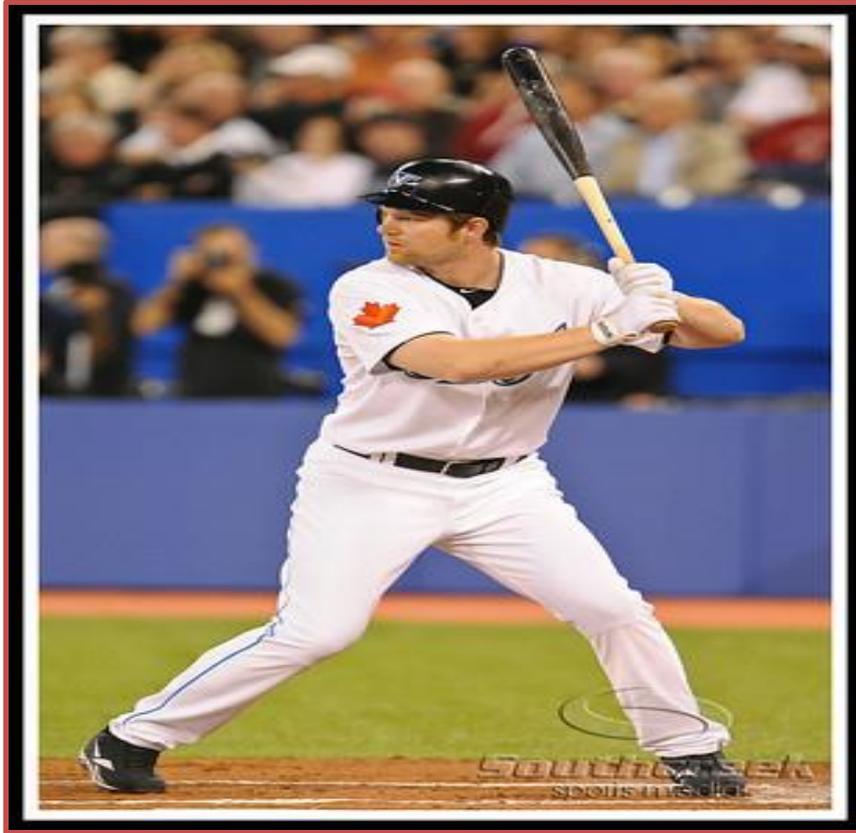
# Grip



BASEBALL FACTORY



# Set-Up and Stance



BASEBALL FACTORY



# Set-Up and Stance



BASEBALL FACTORY



# Set-Up and Stance



BASEBALL FACTORY



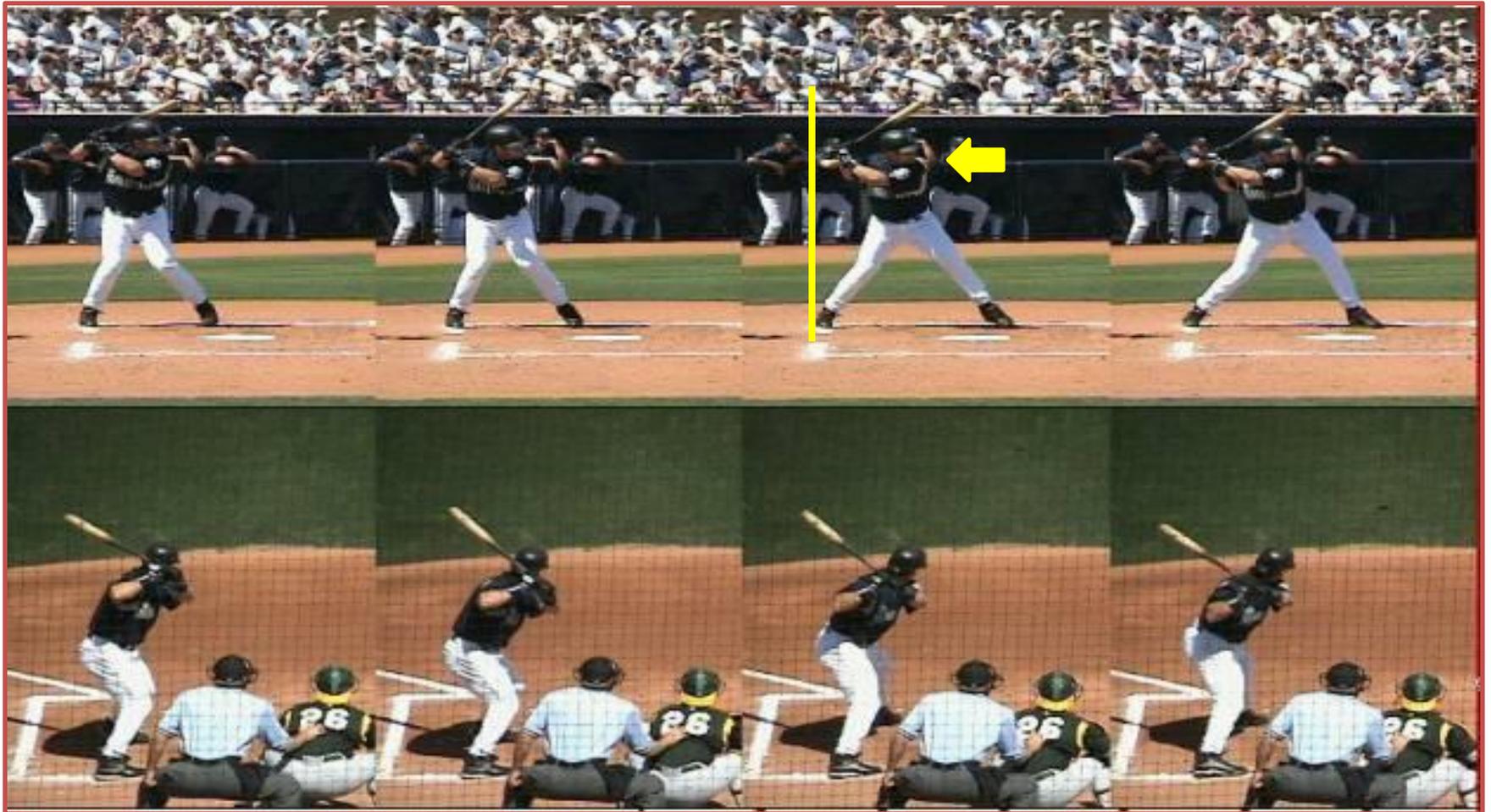
# Stance to Launch



BASEBALL FACTORY



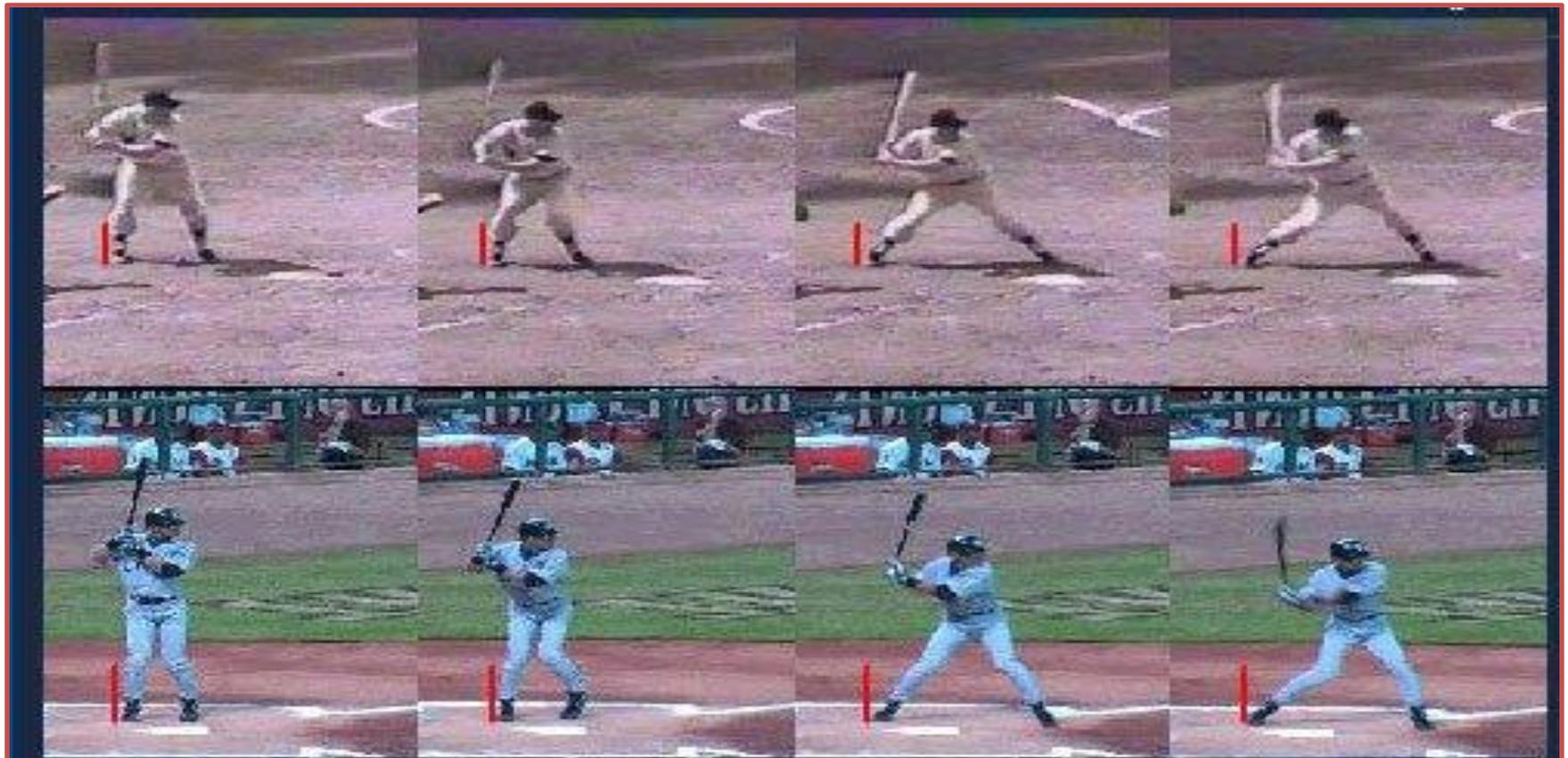
# Stance to Launch



BASEBALL FACTORY



# Stance to Launch

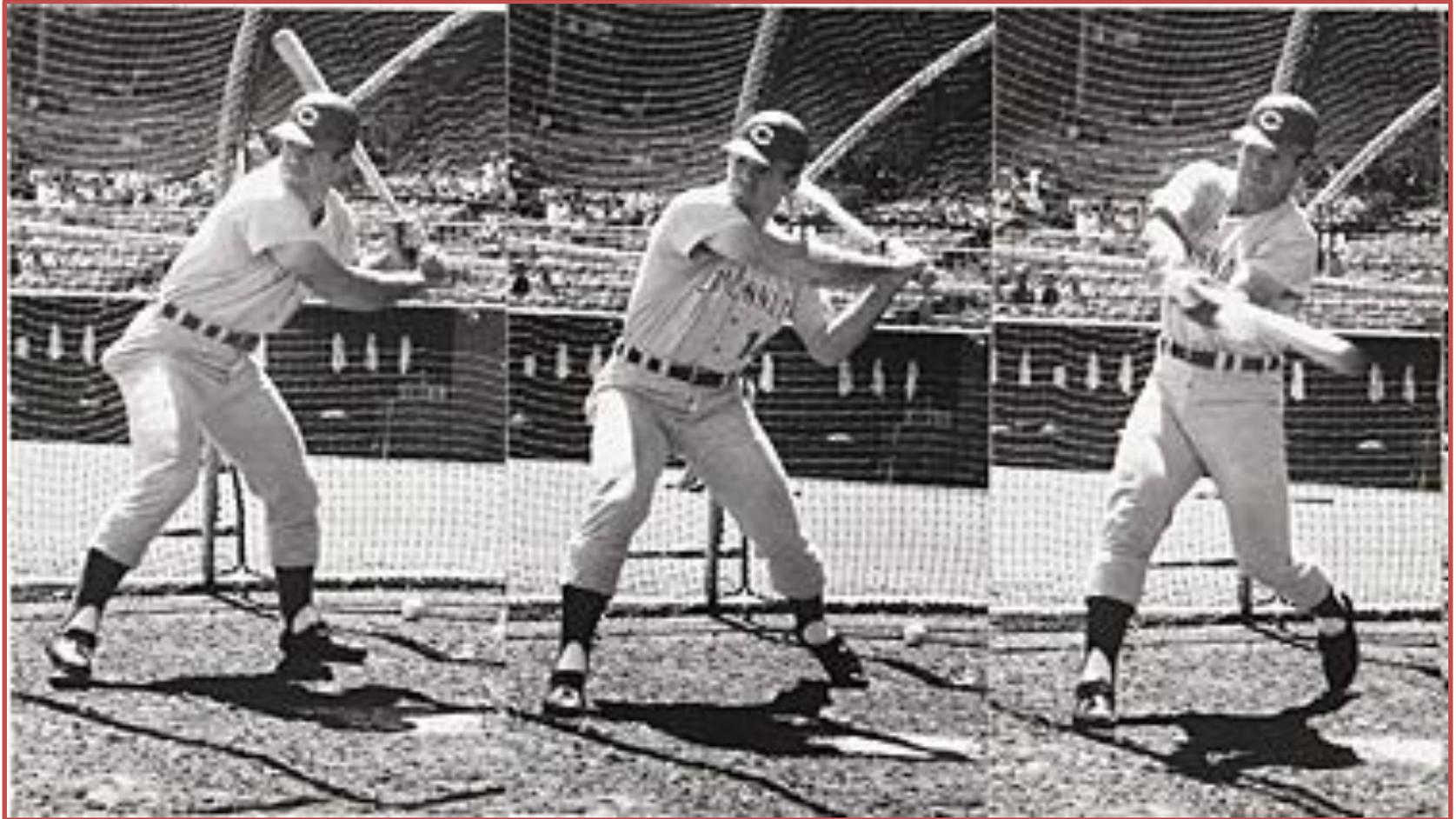


Mantle vs Ichiro

BASEBALL FACTORY



# Launch to Contact



BASEBALL FACTORY



# Launch to Contact



BASEBALL FACTORY



# Launch to Contact



**BASEBALL FACTORY**



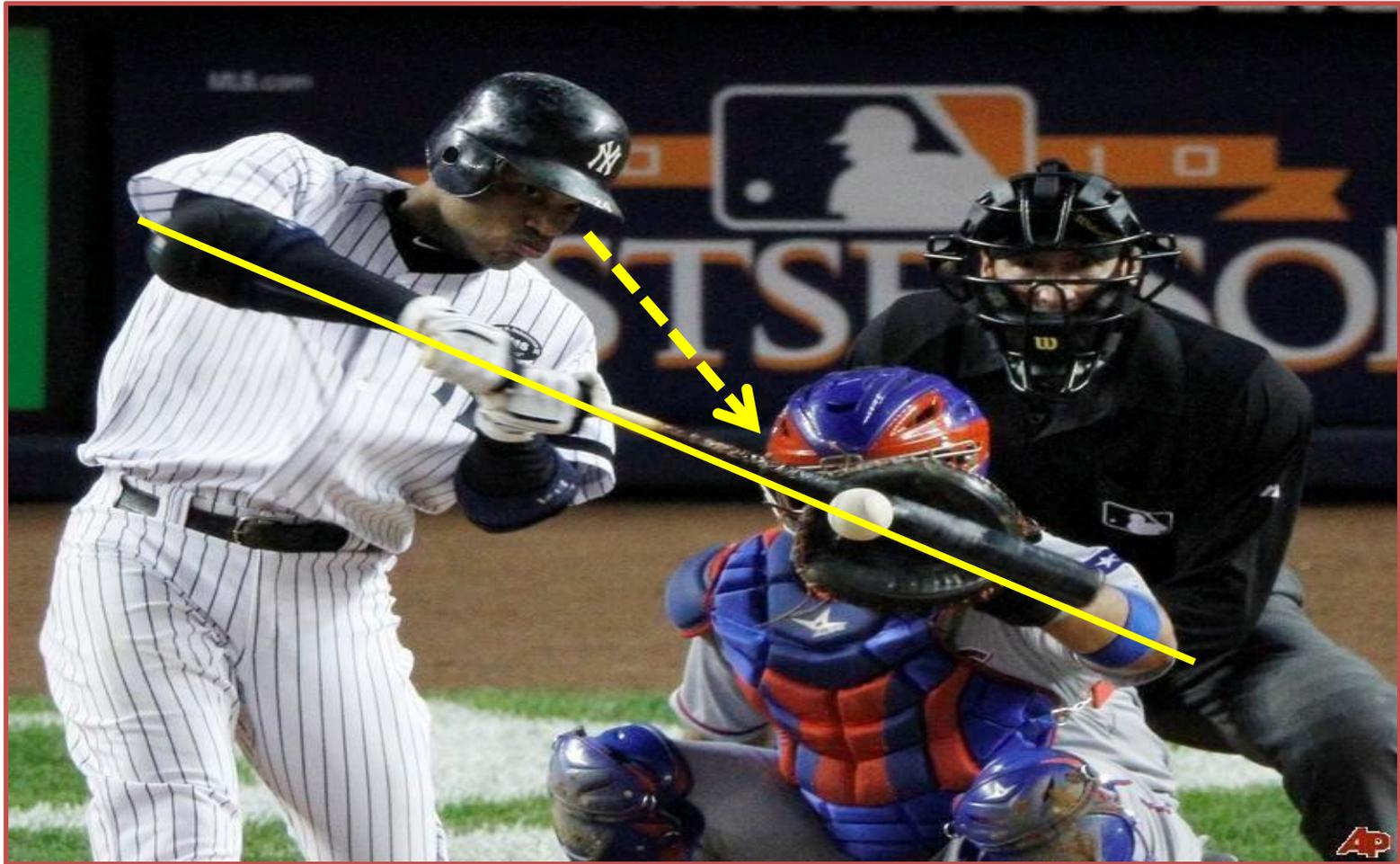
# Point of Contact



BASEBALL FACTORY



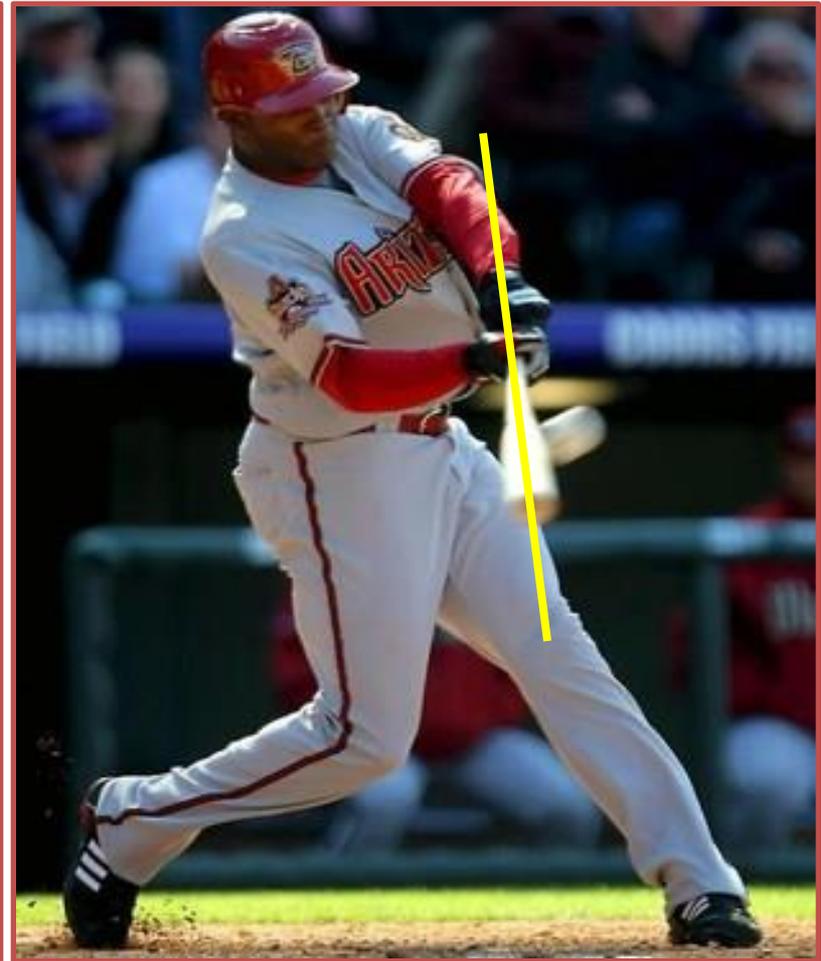
# Point of Contact



BASEBALL FACTORY



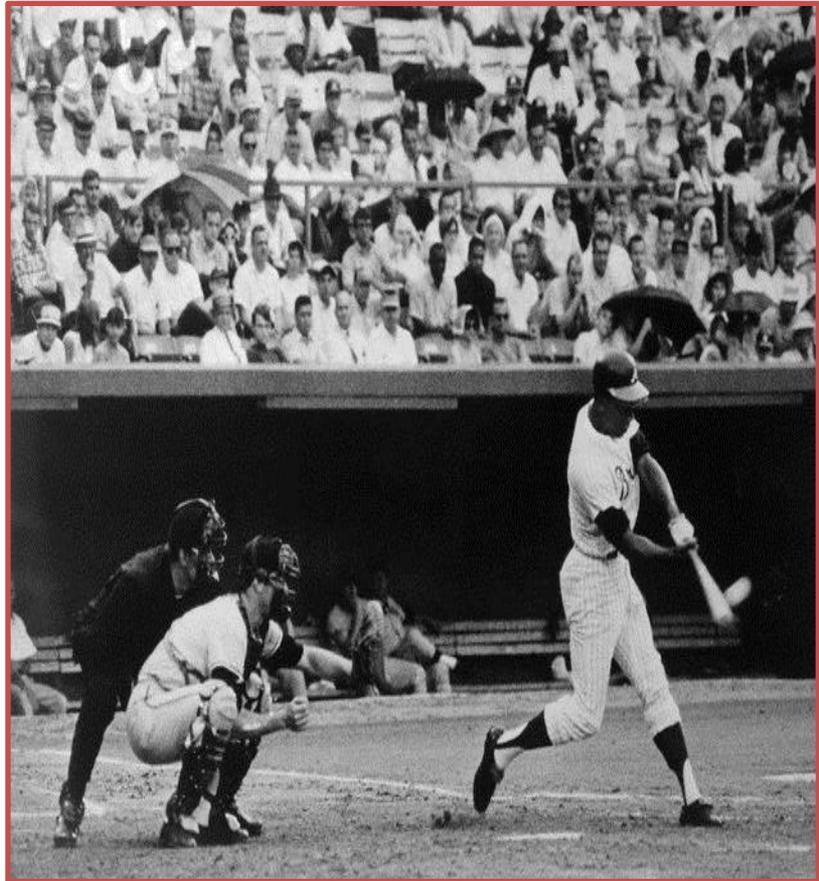
# Point of Contact



BASEBALL FACTORY



# Point of Contact



BASEBALL FACTORY



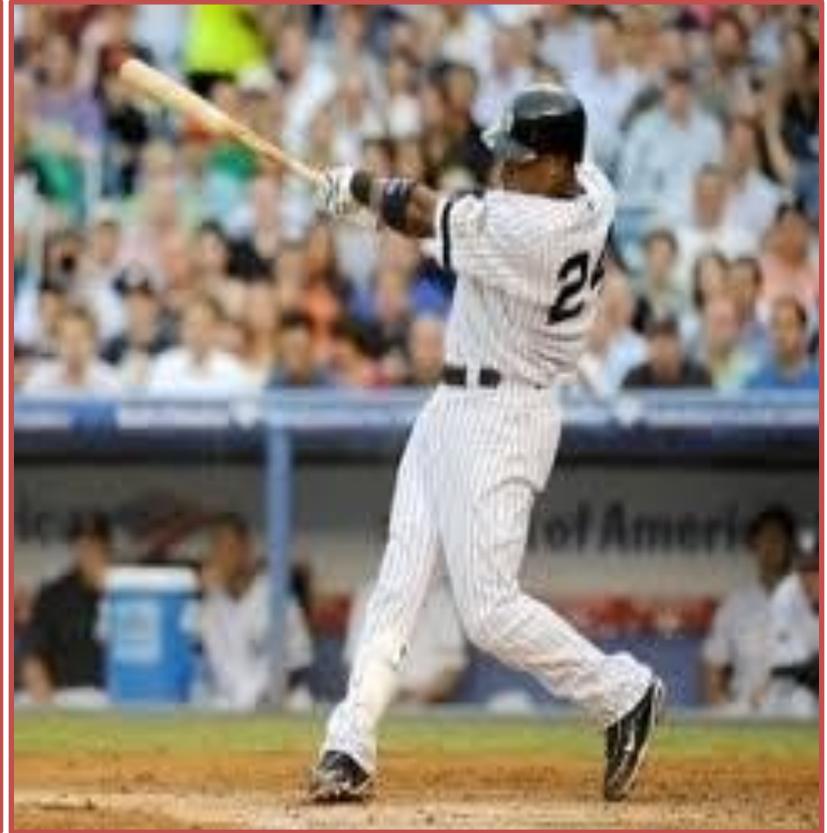
# Finish



BASEBALL FACTORY



# Finish



BASEBALL FACTORY



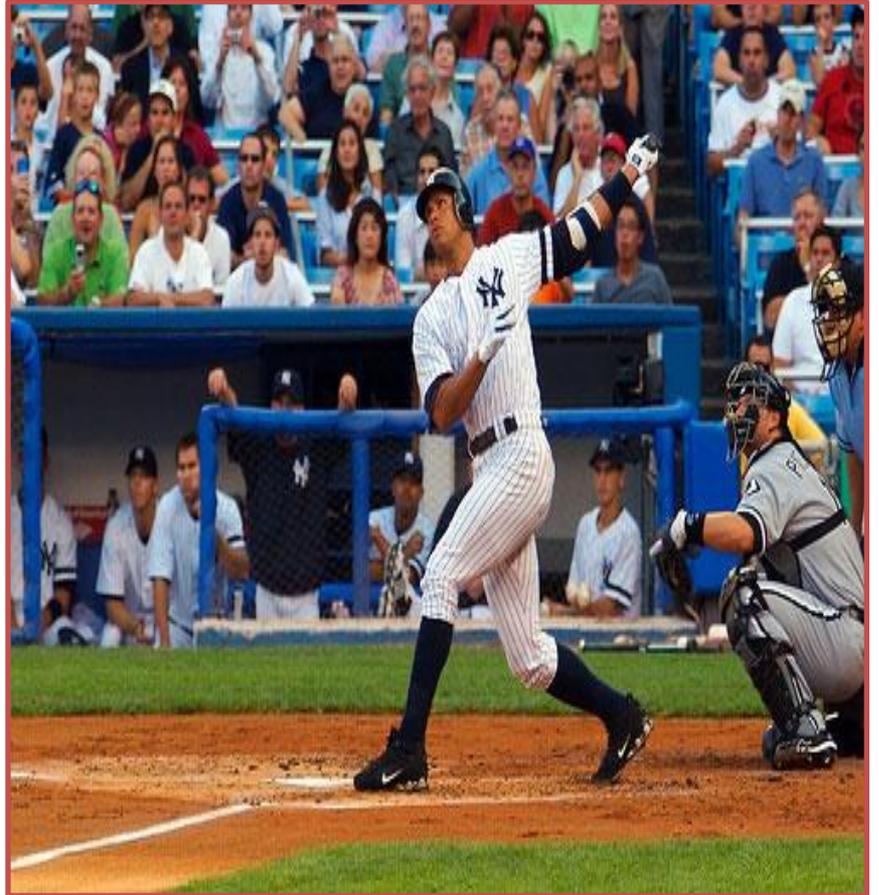
# Finish



BASEBALL FACTORY



# Finish



BASEBALL FACTORY

