

13th October 2015

## Fast Pitch Hitting Mechanics Study - Common movements of elite hitters

Posted 13th October 2015 by [BillyKrush](#)Labels: [fast pitch hitting](#), [fast pitch hitting technique](#), [fastpitch softball hitting](#), [softball camps](#), [softball swing mechanics](#), [usa baseball](#)

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13th October 2015 Fast Pitch Hitting -Swing Mechanics; Please do not squish the bug!

**Backside Release**

**Question:** What does the back leg & foot do during the contact phase of the swing? 90% of coaches, players, etc, the answer would be pivot, squish the bug, rotate your hips, etc

This is actually a swing mechanic MYTH that has been passed down from generation to generation without teaching what does what does happen.

The back foot rolls up on the inner portion before rotating upward.

The back knee moves towards the front calf creating the "L" in the back leg.



[[http://4.bp.blogspot.com/-nZQEAnYq7x0/Vh2hHUDYWLI/AAAAAAAAAE5A/L1-m3WpUfZ0/s1600/IMG\\_20140604\\_082546\\_938.jpg](http://4.bp.blogspot.com/-nZQEAnYq7x0/Vh2hHUDYWLI/AAAAAAAAAE5A/L1-m3WpUfZ0/s1600/IMG_20140604_082546_938.jpg)]  
 Releasing the back side [<http://www.krushathletics.com/>]

The back foot becomes almost weightless as it; rolls up on toe, slides forward or back, comes off the ground forward before planting for deceleration balance, etc... The one absolute is the it becomes close to weightless. This allows for full weight transfer along with several other elite, synchronized softball swing mechanics.

Batting Tip: An easy teaching que is to have the hitter roll up on their toe while swinging

If a hitter "pivots or squishes bug" on the back side;

- 1 They lose "linear" movement too soon
  - 2 Their margin for solid contact decreases because the bat will be in on and off of pitch plain too soon
  - 3 The swing mechanics start to break down immediately
  - 4 The hitter becomes rotational too early
  - 5 The hitter has lessened their chance for solid contact if fooled by off-speed pitch
  - 6 Etc.

**Hitting, like many other athletic skills (throwing anything, striking in boxing or MMA, hockey slap shot, etc) requires a full weight transfer to maximize power and execution.**

**Hitters must transfer most, if not all their weight, forward against the front leg in order to maximize power and swing execution.**



[<http://3.bp.blogspot.com/-JT1qYssUr3U/Vh2rJskvCKI/AAAAAAAAAE5c/9lIYPeSXCNo/s1600/Bill-Guerin-590x410-slapshot.jpg>]

The back foot needs to be in a "non-weight bearing" position (off the ground, on the toe, dragging) as opposed to a weight bearing pivot or "squish the bug" position.

Hockey players and boxers "release their backsides" and get a "weightless" back side during impact or contact... a full weight transfer from back to against front.



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**Question:** Why should the hitter “release the back-side” (get most if not all weight off back foot) as opposed to pivoting or “squishing the bug” and keep some weight on back foot?

**Answer:** This allows the hitter to get on and stay on pitch plain and create maximum force at contact... it unleashes the beast!

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Labels: [fast pitch hitting](#), [fast pitch hitting technique](#), [fastpitch softball hitting](#), [fastpitch softball technique](#), [hitting mechanics](#), [softball swing mechanics](#), [swing mechanics](#)



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Posted 13th October 2015 by [BillyKrush](#)

Labels: fast pitch hitting, fast pitch hitting technique, fastpitch softball hitting, fastpitch softball technique, hitting mechanics, softball swing mechanics, swing mechanics

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13th October 2015

# Fast Pitch Hitting - Why Girls Hit Like Girls

**W**aaaaaaaaaaaaaaaaaaaaaaaaaaaaaiiiiiiiiii tttttttt a minute!!!!

Before you jump to the "hater" conclusion, please understand that I am one of the biggest fast pitch softball fans on the planet! So much so that half of our hitting camps annually are for the young ladies! We work with thousands of fast pitch softball hitters each year. I am a season ticket holder at the PAC 12 school near my hometown.



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After I did my first study on fast pitch hitting and 8 years on the road teaching clinics, there seemed to be some answers on why girls hit like girls. Another disclaimer-Sometimes telling the truth hurts some feelings.

1. The actual fast pitch softball swing is no different from an elite baseball swing.

SO WHY DO WE TEACH IT DIFFERENTLY? I have dozens of stories of showing baseball and softball swings side by side on video with virtually ZERO difference and the fast pitch softball coaches will swear it is different? We can't help people that think the earth is square.

Elite swing mechanics are the same in baseball and softball...period.

The girls can handle it! Learn and teach them proper, elite swing mechanics and watch them improve.

2. The average girl is not as strong as the average boy... I know, shocking nugget of information!

This is no reason to teach them anything but elite swing mechanics. True, depending on age and absolute strength, they may not execute each swing mechanic perfectly, but it is the best way.

This fact also emphasizes the need for athletic performance training. Create the strongest, fittest, most injury resistant athlete as possible through age appropriate athletic development training.

Simply stated, the stronger and more fit the hitter is, the easier the game becomes.

[http://2.bp.blogspot.com/-wYG09tlVhus/Vh2vPv9wQAI/AAAAAAAAAE5o/3G5p3ydbcrA/s1600/Auburn%2BTigers%2Bsoftball%2Bworkout.jpg]

3. These girls are smart!! While starting to work with the girls in mass numbers in 2007, I couldn't help but notice, the girls as a group, could handle challenges both mentally and physically that ( I may get persecuted for this statement) maybe the boys as group, could not... in general.

My point... I know they like flowers and smell good BUT THEY ARE ATHLETES!!! When they are training or practicing, challenge them and watch them respond! No taking it easy because "they are girls". No need, they are athletes, period!

Posted 13th October 2015 by [BillyKrush](#)

Labels: batting drills, batting mechanics, fast pitch hitting, fast pitch hitting technique, front side mechanics, softball swing mechanics, swing mechanics

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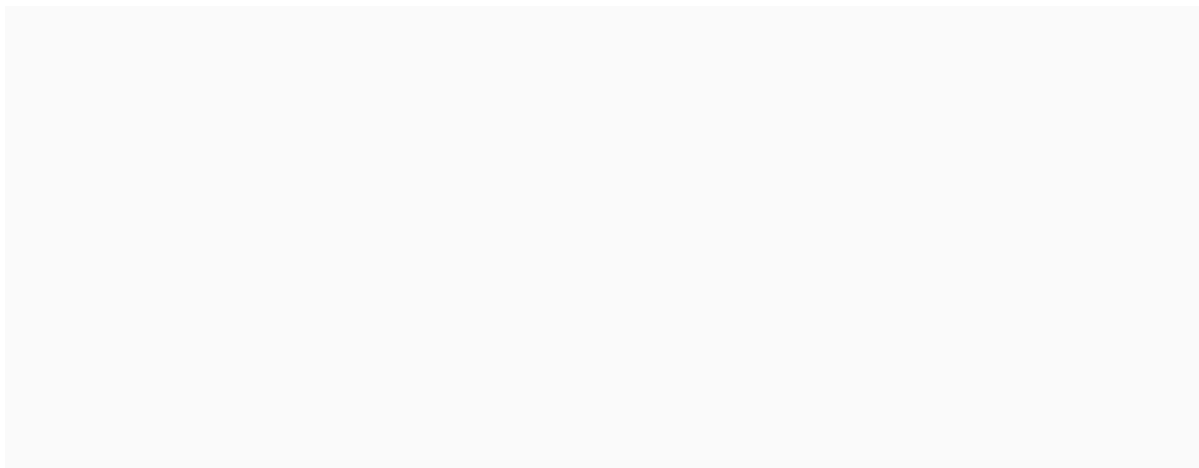
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Labels: [batting drills](#), [batting mechanics](#), [fast pitch hitting](#), [fast pitch hitting technique](#), [front side mechanics](#), [softball swing mechanics](#), [swing mechanics](#)



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## 13th October 2015 Fast Pitch Hitting - The 5 Ingredients to Maximize Potential





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Most hitters and coaches think that working on hitting is taking batting practice... they are correct but only partially. Understanding, addressing and working on all the ingredients of being a good hitter is the only way to maximize any hitters potential.

Each fast pitch softball hitter is an individual and each has their strengths and weaknesses but going through this checklist may help identify both and get them on their way to marked improvement.

#### **The swing**

- The actual physical swing mechanics
- Creating a "sound or mechanically correct" swing gives the hitter the best chance for contact and force(power)

The phase we all work on the most

#### **2. The mental approach**

- Ignored by a lot of fastpitch softball hitting instructors(because of the lack of concrete ideas and it has the widest variety of opinions, thoughts and ways the element is applied)
- This can be anything from their approach at the plate to practice habits

#### **3. Vision, tracking, pitch recognition and decision making**

- This element is blatantly ignored as something hitting coaches teach and yet it is arguably the most important element.
- It goes without saying that we, as a group of coaches, do not work on this enough.

#### **4. Work ethic**

- The intangible... how bad the individual wants to master the craft... this applies to both hitters and hitting coaches

#### **5. Optimum physical performance training ... maximizing the hitting machine**

- As an athlete, your body is your business ... understanding what and how to train your body to maximize performance and creating maximum injury resistance is paramount.

To find out how to maximize the fast pitch softball hitter's potential and teaching kids to be at their best... you need to understand these 5 elements and need to acknowledge, learn about and work on the elements as much as possible.

We always work on the swing... sometimes lift weights or condition...but how often do we work on

pitch recognition? How many times do we actually work on seeing pitches?

Time, space, knowledge and finances are always challenges but in order to become elite, these areas must be learned and mastered.

Posted 13th October 2015 by [BillyKrush](#)

Labels: [batting extension](#), [batting mechanics](#), [fastpitch softball hitting](#), [fastpitch softball technique](#), [softball camps](#), [softball swing mechanics](#), [swing mechanics](#)

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Labels: [batting extension](#), [batting mechanics](#), [fastpitch softball hitting](#), [fastpitch softball technique](#), [softball camps](#), [softball swing mechanics](#), [swing mechanics](#)

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9th October 2015

Swing Mechanics - Extension and wrist release

### Extension and Wrist Release

When discussing the topic of extension, most hitters think of extending the arms as the extent of extension. When in reality, that is only part of what creates "maximum extension." The forgotten or rarely mentioned element is the extension or release of the wrists.

**EXTENSION:** I hear analysts always talk about the "big guys want to get their arms extended" ... true, and a circle is round. We ALL want to get are arms extended as this is a huge part of good swing mechanics.

Let me bust a myth... hitters do want to get extended but it is extension TOWARDS THE PITCHER, not out in front of their body over the plate.

**WRIST RELEASE:** Just like a golfers wrists do not rollover until well after contact, a hitter need to do the same thing. We call it wrist release where the wrist joints load and unload from side to side as opposed to rolling over. It is the last hinge to unload and bat will accelerate until wrists roll.

## WHY DO HITTERS WANT EXTENSION and WRIST RELEASE?

- Creates biggest margin for error for contact
- Helps create most force possible
- Creates cleaner or more solid contact
- Helps eliminate weak contact such as roll overs
- Helps create proper ball flight

### SWING FAULTS:

- Hitters extend their arms out in front of body, over plate as opposed to extending towards pitcher... which causes many swing mechanic issues such as casting, rolling, etc
  - Many times hitters swing to hit the ball, not drive through the ball.
  - Hitters also roll the top hand at contact

### FIX/KEY POINTS: Swing thoughts:

- Hit through the ball ... not to the ball
- Hit the ball with your elbows locked out -- **Power V**
- Power V -- the arms make a "V" when extended which ensures maximum extension (photos below)
- Get the back arm extended keeping the palm up
- Think of the bat as a sword and cut the ball in half. This eliminates rolling

Examples of the Power V and wrist release...after contact

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### Wrist release (no roll)

**TIP:** The wrists will have to “roll over.” The key is to have them roll over AFTER extension and wrist release have occurred.

**TIP:** As you may have noticed, I describe the same technique or movement or position in many different ways. That is so if one of the terms doesn't click with you, maybe another will. When teaching, remember that you may need to do the same.

Posted 9th October 2015 by [BillyKrush](#)

Labels: [batting drills](#), [batting extension](#), [batting mechanics](#), [batting tips](#), [hitting coach](#), [hitting mechanics](#), [softball swing mechanics](#), [swing mechanics](#)



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Labels: [batting drills](#), [batting extension](#), [batting mechanics](#), [batting tips](#), [hitting coach](#), [hitting mechanics](#), [softball swing mechanics](#), [swing mechanics](#)

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9th October 2015

Swing Mechanics - Front leg mechanics

### ***Front Leg Position***

#### **WHAT:**

The front foot should end up flat after stride. The foot should be somewhat closed (pointing at base coach) until after contact. The foot is the anchor to the ground during the athletic striking phase of the swing.

The front leg lands bent and athletic and stays bent until contact or right after contact.

The front leg angle is a key factor in solid hitting mechanics. The front leg angle is generally at 55 to 75 degrees at contact point. This angle (combined with a proper base width) allows backside release to occur without drifting over the front leg. This angle allows the hitter to hit AGAINST the front leg, rather than allowing the body to drift over the front leg. This also keeps the hitter back or behind the ball with limited head movement.



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#### KEYS:

- The base (distance between feet after the stride) is approximately a bats length
- The front leg needs to be flexed after stride
- The front leg generally stays flexed until the hands get in front of body, then the front leg gets rigid (commonly straight) at contact point.
- At contact point, the front leg angle is between  $55^{\circ}$  and  $75^{\circ}$  (angle between ankle and hip)
- Another way of saying this is; the knee is behind the foot, the hip is behind the knee at contact point.

Posted 9th October 2015 by [BillyKrush](#)

Labels: [batting cages](#), [batting drills](#), [batting mechanics](#), [batting tips](#), [front side mechanics](#), [softball swing mechanics](#), [swing mechanics](#)

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**KEYS:**

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- The front leg needs to be flexed after stride
- The front leg generally stays flexed until the hands get in front of body, then the front leg gets rigid (commonly straight) at contact point.
- At contact point, the front leg angle is between 55° and 75° (angle between ankle and hip)
- Another way of saying this is; the knee is behind the foot, the hip is behind the knee at contact point.

Posted 9th October 2015 by [BillyKrush](#)

Labels: [batting cages](#), [batting drills](#), [batting mechanics](#), [batting tips](#), [front side mechanics](#), [softball swing mechanics](#), [swing mechanics](#)



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9th October 2015

Swing Mechanics - Releasing the Back Side

**Backside Release - The swing mechanics of the back leg**

[\[http://1.bp.blogspot.com/-KVhqh3HFeJM/VhhzqnRQZKI/AAAAAAAAAE1w/URMpcVPsTGQ/s1600/Nimmo-](http://1.bp.blogspot.com/-KVhqh3HFeJM/VhhzqnRQZKI/AAAAAAAAAE1w/URMpcVPsTGQ/s1600/Nimmo-)

14.jpg]

Question: What does the back leg & foot do during the contact phase of the swing? If you ask 99% of coaches, players, etc, the answer would be pivot, **squish the bug**, rotate your hips, etc.

**FAULT:** This is actually a MYTH that has been passed down from generation to generation without really finding out what does happen.

**\*\*\*All premier hitters do NOT SQUISH THE BUG.**



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15.jpg]

**WHY:** If a hitter pivots or squishes the bug with the back foot;

- 1 They lose most linear movement which results in diminished power
- 2 Their margin for solid contact decreases
- 3 The swing mechanics start to break down immediately(Cast, dip, etc)
- 4 The hitter becomes strictly rotational
- 5 The hitter has lessened their chance for solid contact if fooled by off-speed pitch

Hitting, like many other athletic skills (throwing anything, striking in boxing or MMA, hockey slap shot, etc) requires a full weight transfer to maximize power and execution.



[<http://2.bp.blogspot.com/-lDxEHhAA66Q/VhhzyUPUyLI/AAAAAAAAAE2A/d99GhVUf1Hg/s1600/Nimmo->

16.jpg]

Hitters must transfer most if not all their weight forward against the front leg in order to maximize power and swing execution.

The back foot needs to be in a "non-weight bearing" position (off the ground, on the toe, dragging) as opposed to a weight bearing pivot or "squish the bug" position.



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Hockey players and boxers “release their backsides” and get a “weightless” back side during impact or contact... a full weight transfer from back to against front.

**Keys:**

1. Roll up on inside of foot initially



[\[http://4.bp.blogspot.com/-Jkw1drlgq7k/Vhhz2IWqtll/AAAAAAAAAE2I/2Bx2BrWX2UI/s1600/Nimmo-17.jpg\]](http://4.bp.blogspot.com/-Jkw1drlgq7k/Vhhz2IWqtll/AAAAAAAAAE2I/2Bx2BrWX2UI/s1600/Nimmo-17.jpg)

2. Keep the heel of the foot behind mid-line of body(do not over rotate)
3. get to a "weightless" position at contact
4. Drive inside of back knee towards front knee

**Question:** *Why should the hitter "release the back-side" (get most if not all weight off back foot) as opposed to pivoting or "squishing the bug" and keep some weight on back foot?*

**Answer:** *This allows the hitter to create maximum force at contact... unleash the beast! Also helps keep the hands above and inside pitch plane to create short, flat, powerful swing. Transfers ALL weight and kinetic energy to and through ball.*



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**FIX/KEY POINTS:**

- 1 The back foot must be in a non-weight bearing position at contact (i.e. on toe)
- 2 Do not squish the bug

**BATTING DRILLS:**



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- 3 Drop drill
- 4 Frank Thomas drill
- 5 Walk drill

Posted 9th October 2015 by BillyKrush

Labels: [batting drills](#), [batting mechanics](#), [batting tips](#), [brandon nimmo](#), [new york mets](#), [post 6 baseball](#), [softball swing mechanics](#), [swing mechanics](#), [usa baseball](#)



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9th October 2015

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Labels: [batting drills](#), [batting mechanics](#), [batting tips](#), [brandon nimmo](#), [new york mets](#), [post 6 baseball](#), [softball swing mechanics](#), [swing mechanics](#), [usa baseball](#)

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9th October 2015

The Five Areas of Hitting Development

### The Five Areas of Hitting Development

Most hitters and coaches think that working on hitting is taking batting practice... they are correct



[\[http://4.bp.blogspot.com/-eJopxCCA3Og/VhhtUVAZKFI/AAAAAAAAE1Y/zfgUa7oogI0/s1600/2005-2006%2B103.jpg\]](http://4.bp.blogspot.com/-eJopxCCA3Og/VhhtUVAZKFI/AAAAAAAAE1Y/zfgUa7oogI0/s1600/2005-2006%2B103.jpg)

but only partially. Understanding, addressing and working on all the components of being a good hitter is the only way to maximize any hitters potential.

Each hitter is an individual and each has their strengths and weaknesses but going through this checklist may help identify both and get them on their way to marked improvement.

1. **The swing**

- The actual physical swing mechanics
- Creating a "sound or mechanically correct" swing gives the hitter the best chance for contact and force(power)
- The phase we all work on the most

2. **The mental approach**

- Ignored by most instructors(because of the lack of concrete ideas and it has the widest variety of opinions, thoughts and ways the element is applied)
- This can be anything from their approach at the plate to practice habits

3. **Vision, tracking, pitch recognition and decision making**

- This element is blatantly ignored as something hitting coaches teach and yet it is arguably the most important element.
- It goes without saying that we, as a group of coaches, do not work on this enough.

4. **Work ethic**

- The intangible... how bad the individual want to master the craft... this applies to both hitters and hitting coaches

5. **Optimum physical performance training** ... maximizing the hitting machine

- As an athlete, your body is your business ... understanding what and how to train your body to maximize performance and creating maximum injury resistance is paramount.

To find out how to maximize the hitter's potential and teaching kids to be at their best... you need to understand these 5 elements and need to acknowledge, learn about and work on the elements as much as possible.

We always work on the swing... sometimes lift weights or condition...but how often do we work on pitch recognition? How many times do we actually work on seeing pitches?

Time an true, factual knowledge are always challenges but in order to become elite, these areas must be learned and mastered,

Labels: [batting drills](#), [batting mechanics](#), [batting tips](#), [front side mechanics](#), [hitting mechanics](#), [softball swing mechanics](#), [youth athletics](#)

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9th October 2015

## Swing Mechanics - Contact Position - Upper Body Mechanics

### THE SLOT

**WHAT:** The positioning of the back arm as it moves from the launch point to contact point. The hitter wants to keep the elbow close to the body. We use the term "staying connected." The hitter needs to keep the back elbow "connected" to the body. Contact is usually made here with both arms bent. This happens as the hitter rotates the torso towards contact.



[\[http://4.bp.blogspot.com/-3FqP0OzP9Yw/VhhJ6cWln9I/AAAAAAAAAE1I/FWYEKXXnb-](http://4.bp.blogspot.com/-3FqP0OzP9Yw/VhhJ6cWln9I/AAAAAAAAAE1I/FWYEKXXnb-)

[Y/s1600/Nimmo-20.jpg\]](#)

**FAULT:** Hitters send their hands away from the body naturally (casting) which:

- Keep the front elbow below the front shoulder preventing "chicken winging"
- Creates a long swing
- Sends barrel out over the outside or past the plate, which then causes a wrist roll to bring the barrel back over the plate to contact.
- Creates weaker contact position

### HOW TO FIX:

- Swing thought – drive back elbow close to body to belly button
- Send hands/knob of bat to pitcher/ball
- Keep the top hands palm up towards sky
- Swing thought - hit the inside of the ball.

### BATTING DRILLS:

- Above & inside swing thought – aim for hitting the inside half of the ball during any drill. This will keep the hitter “connected” and in the slot.
- Connection drill series drill
- Fence drills - Get a bats length away from a fence or net and square to it. Then take swings. If you cast or don’t stay connected, the bat will hit the fence or net.

Posted 9th October 2015 by [BillyKrush](#)

Labels: [batting drills](#), [batting mechanics](#), [batting tips](#), [front side mechanics](#), [softball swing mechanics](#), [swing mechanics](#)



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9th October 2015

## Swing Mechanics - The Launch Position

**The LAUNCH, or what I call POWER-LOAD position, is the point in the swing in which the hitter’s hand and body movements switch from going away from the pitch to towards the pitch.**

**COMMON FAULT:** If you do not get in proper “launch position”, your chance of maximizing each swing is very poor. Most young hitters land with too much weight on back leg, and hands aren't in proper launch position.

### WHY get into proper launch position?

- Getting the hitter to the most powerful and efficient striking position possible.

- Getting the hitter's head and eyes in the best tracking position possible.
- **Loading** is created by moving away from the pitcher (linearly) and turning the body slightly inward toward the plate (rotationally).
- **LAUNCH SEPARATION** is making sure the hands stay back and the torso stays square to plate as the hitter strides to athletic position. (This creates a "slingshot" effect)

## HOW TO FIX/KEY POINTS

1. Athletic base and hitting posture



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2. Hands behind back shoulder and height about even with shoulder
3. Back elbow up and/or back (elbow-torso separation)
4. Hand/wrist load – knob pointed towards catcher
5. “Choke effect” – chin set on top of front shoulder, head level and eyes square to the pitcher

## DRILLS:

- Mirror drill
- Pre-stride drill – when doing any drill or batting practice, pre-stride or get into the powerload or launch position early to make

sure you are in the correct position. It may mess up your timing some, but the rewards for getting in this powerful position are worth it.

Posted 9th October 2015 by [BillyKrush](#)

Labels: [batting cages](#), [batting drills](#), [batting mechanics](#), [batting tips](#), [front side mechanics](#), [hitting mechanics](#), [softball swing mechanics](#), [swing mechanics](#)

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9th October 2015

## Swing Mechanics - The Hitters Base



[\[http://1.bp.blogspot.com/-DqfR4wtjHI8/Vhgyz7rNwnI/AAAAAAAAE0s/IMOoqKLoFGA/s1600/Bozeman%2B2014%2B055.JPG\]](http://1.bp.blogspot.com/-DqfR4wtjHI8/Vhgyz7rNwnI/AAAAAAAAE0s/IMOoqKLoFGA/s1600/Bozeman%2B2014%2B055.JPG)

### BASE

Once the hitter has started the swing motion they need to establish a good base and get into a loaded position before the “launch” (the actual forward movement of the swing) takes place.

A good base is having your feet about a bats length apart, knees slightly bent and upper body slightly tilted towards home plate.

**FAULT:** Most young hitters have too narrow of a base (distance between feet after stride).

**WHY:** Common teaching terminology or suggestion is to have the hitters feet slightly wider than shoulder width. This seems to be a natural position for young hitters.

### HOW TO FIX/KEY POINTS

- After stride, feet should be approximately a bats length apart.
- Knees should be slightly bent. [\[https://www.blogger.com/blogger.g?blogID=8721325758593704423\]](https://www.blogger.com/blogger.g?blogID=8721325758593704423)
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Posted 9th October 2015 by [BillyKrush](#)

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Labels: [batting drills](#), [batting mechanics](#), [batting tips](#), [front side mechanics](#), [hitting mechanics](#), [softball swing mechanics](#), [swing mechanics](#)

## 9th October 2015 Swing Mechanics -The difference between baseball swing mechanics and fast pitch softball swing mechanics

[<https://www.blogger.com/blogger.g?blogID=8721325758593704423>]

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[<http://4.bp.blogspot.com/-41mANHkJ4So/VhiKk4muZfI/AAAAAAAAAE4A/cN2p-WJY56I/s1600/sb.jpg>]

None... period.

#mythbusting

[<http://1.bp.blogspot.com/-VIM1CLc6JZ8/VhiJkIgHO1I/AAAAAAAAAE34/tpTEJep17Wk/s1600/baseball%2Bon%2Bflag.jpg>]

Posted 9th October 2015 by BillyKrush

Labels: [batting drills](#), [batting mechanics](#), [batting tips](#), [front side mechanics](#), [hitting mechanics](#), [softball swing mechanics](#)



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## 9th October 2015 Swing Mechanics -The difference between baseball swing mechanics and fast pitch softball swing mechanics

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9th October 2015

Swing Mechanics - The Timing Stride

**TIMING STRIDE**



[\[http://1.bp.blogspot.com/-qr1-hEJyWzQ/VhiMm8Tzycl/AAAAAAAAAE4M/vJG0C1vymwM/s1600/DSC02957\\_0086.jpg\]](http://1.bp.blogspot.com/-qr1-hEJyWzQ/VhiMm8Tzycl/AAAAAAAAAE4M/vJG0C1vymwM/s1600/DSC02957_0086.jpg)

This baseball swing mechanic, or softball swing mechanic, is the movement of the front foot towards the pitcher or just a “lift” of the front foot depending on what you do individually.

1. Length of the stride is directly related to how your base is in the pre-pitch position. (see base)
2. Front foot must be down early or at the latest, on time ... never late.
3. The front foot should be down around the time[\[https://www.blogger.com/blogger.g?blogID=8721325758593704423\]](https://www.blogger.com/blogger.g?blogID=8721325758593704423) the pitch is about ½ ways to plate.
4. One major fault with many hitters is that they don’t get their whole foot down early enough or not at all. Coach speak calls getting the whole foot down, “heel plant”, because some just land on their toe. Make sure the whole foot gets down early.

**TIP:** There are several different[\[https://www.blogger.com/blogger.g?blogID=8721325758593704423\]](https://www.blogger.com/blogger.g?blogID=8721325758593704423) “triggers” ---Chipper Jones uses a toe tap, A-Rod picks his knee up almost to his waist, and Albert Pujols just rolls up on his front toe. These are some of the differences hitters possess.

**What is important is that each hitter has a trigger that sets the swing in motion, at the right time.**

Posted 9th October 2015 by [BillyKrush](#)

Labels: [batting cages](#), [batting drills](#), [batting mechanics](#), [batting tips](#), [front side mechanics](#), [hitting mechanics](#), [swing mechanics](#), [youth athletics](#)

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9th October 2015

Swing Mechanics - The Trigger

## TRIGGER

1. This is any movement that starts the swing. It serves as:

1. A timing device
2. A start to your loading process

2. It can be done many ways:

1. Pushing your hands back
2. Rocking your weight to the back foot
3. Rotating slightly inward or taking front shoulder towards home plate.
4. Front leg movement; leg kick, toe tap, knee to knee, etc.

[<https://www.blogger.com/blogger.g?blogID=8721325758593704423>]

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Posted 9th October 2015 by BillyKrush

Labels: [batting cages](#), [batting drills](#), [batting mechanics](#), [batting tips](#), [front side mechanics](#), [hitting coach](#), [swing mechanics](#)

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9th October 2015

A Proven Teaching Method for Hitting Coaches

## A Proven Teaching Method



[<http://4.bp.blogspot.com/-dqYHh-FZxvc/VhgoZq8QI-I/AAAAAAAAE0I/mL2CgpRLuFU/s1600/seattle%2Band%2Bbozeman%2B2010%2B114.JPG>]

As you read this, think about what we want in the end – a road map per say.

1. You will know the commonalities of exceptional hitters.(Swing mechanics of the best players on earth)
2. **You should know what the hitters do from head to toe and from the start of the swing to the end of the swing.** This will be the model we use.

Use the photos throughout as references for all the topics and concepts.

The program is taught step by step. **It is also the way it is best learned.**

\*\*\* One major problem I have witnessed over and over is “over-coaching”. It is very difficult to work on more than one thing at a time. Work on one thing, one technique, one commonality, one drill at a time. Then after a few workouts working on one technique, review the material, work on it a little and go to the next. Less is more sometimes. Less information at one time equals more focus on mastering that individual technique.

As we get into the information-commonalities, mechanics, techniques, drills, swing-thoughts think of it as a step by step process... learning and teaching. **Exactness** is one of my favorite words... if it is a word. But it is a term I want you to use extensively. If we are talking about where the hitter's hands are at launch point, **I want you to think**, “What exactly does hands back mean? Behind my head? Behind my shoulder?” Precise instruction and advice will be demonstrated throughout.

## What, Why, How

**Step 1** – Learn *exactly* **what** the fault, technique to correct a fault, commonality or concept is that is being taught

**Step 2** – Learn **why** hitters make that movement, whether it is a swing fault or a well executed swing, or use a specific technique–(Understanding **WHY** usually helps the hitter grab the concept better and the teacher, teach more effectively) with greater grasp of the concept.

**Step 3** – Learn **how** the hitter can integrate these techniques, commonalities, concepts into their routine and ultimately have them become **productive habits**. **How** does the coach or parent teach these? What drills, swing thoughts or techniques are used to master each skill?

Posted 9th October 2015 by [BillyKrush](#)

Labels: [batting drills](#), [batting mechanics](#), [batting tips](#), [front side mechanics](#), [hitting mechanics](#), [swing mechanics](#), [usa baseball](#), [youth athletics](#)



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9th October 2015

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Labels: [batting drills](#), [batting mechanics](#), [batting tips](#), [front side mechanics](#), [hitting mechanics](#), [swing mechanics](#), [usa baseball](#), [youth athletics](#)

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9th October 2015

Study on Fast Pitch Softball Hitting

**The Fast-Pitch Softball Study ...why we teach, what we teach**



[\[http://1.bp.blogspot.com/-DLJskXVfQ8c/Vhgl\\_WY4sRI/AAAAAAAAAEz8/r2v3ZNCsIRM/s1600/dts%2Bbrochure%2Bpic%2B10.JPG\]](http://1.bp.blogspot.com/-DLJskXVfQ8c/Vhgl_WY4sRI/AAAAAAAAAEz8/r2v3ZNCsIRM/s1600/dts%2Bbrochure%2Bpic%2B10.JPG)

As I was introducing myself to the Fast Pitch Softball world in 2005, I observed as much as I could. Living in Arizona, I was lucky to have some of the best programs in the country. High level recreational teams, high school teams, University of Arizona and Arizona State University -- all just minutes from my home.

I was intrigued by several observations I made.

Then, I just started asking questions, and more questions (examples below) and more questions to anybody who would listen

I then started asking the “experts” some questions.

The “Experts” I am referring to were the coaches and private instructors who I had been told were the leaders in the sport.

I was trying to get a picture painted as to how this sport paralleled the other diamond sport in as many aspects as possible.

- What are the similarities?
- What are the differences?
- Are there aspects that are *exactly* the same?

I have had nearly 35 years of experience in the “other” sport. Why re-invent the wheel if I don’t have to?

This is what I concluded from my initial introduction to the sport:

1. There are similarities ... shocker
2. There are differences ... another shocker.
3. A major difference was the lack of functional strength in the game.
4. A majority of coaches think baseball & softball are as opposite as night and day.
5. Just as in “the other sport,” most well-meaning coaches were teaching concepts and hand-me-downs techniques.

I had done a study on the best hitters in the sport of baseball just a year earlier. **I wondered what a study on the best fast pitch softball hitters in the world would reveal.** I was very interested to find out because I had already done about 5 hitting camps for softball players and nearly 90% of fast pitch coaches I had spoken with had voiced their opinions on the differences in the two games.

---

**The Study** (a quick synopsis):

- I gathered as much video and still photographs as I could get from Team USA, UA, ASU and other top programs.

- After getting enough information, I did the same exact study I did with the baseball players.
  - I identified movements and/or positions in the swing and gave them names.
  - I then went player by player and charted if they made these movements and/or were in the common positions.
  - The criteria were that 90%+ of the players had to make the movement or get in a certain position for me to call it a **commonality**.
  - The results surprised even me.
- 

#### **The Results:**

Disclaimer - If you are one of the 90% of coaches, parents or players I spoke with in 2005, you might not want to hear/read this ... but you should... **it is the truth, not my opinion.**

The results were identical. Yes, identical. The girls had the same 9 commonalities of the best baseball hitters in the world. The actual swing was the same.

- Video does not lie.
  - Photos do not lie.
  - It is what it is ... not much wiggle room for the doubters.
- 

#### **The Response:**

At the beginning ...

We held a hitting round table in a mid-western city. We had about 20 coaches and most of them were softball coaches. One of the first questions I asked was, "Is the softball and baseball swing similar or even the same?" One person thought they were similar or the same.

I then showed still photos of players of each sport in the same positions. They were identical. I asked the same question again. Only a few more people raised their hands.

I then showed video of hitters from both sports --- Again, the commonalities were obvious.

I asked the question again but only a few more hands went up. I was trying to grasp this. I just showed several examples of the swing commonalities. Commonalities of all great softball hitters and commonalities between the baseball and softball swing and at least half of the people *still* didn't believe it.

I then realized what we were up against ... the history of fast pitch softball.

---

#### **The last few years:**

I call it "cracking the shell."

- I start by letting people know that we are really not that smart, just a couple guys without jobs and time to do a detailed study.
- I then SHOW them example after example via photos or video.
- I offer examples of excellent softball coaches with baseball backgrounds
- Then, if I am lucky enough, I go through the program with them.

#### **Update:**

Krush Athletics has held more than 350 Fast pitch softball hitting camps across the country working with more than 10,000 hitters... just spittin' facts!

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9th October 2015

## Study on Fast Pitch Softball Hitting

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## 8th October 2015 <sup>Swing Mechanics - Rhythm and Tempo and how they effect the swing</sup>

### **Finding your Number**

The three little bears... one was too hot, one was too cold and one was just right!  
We can learn something from a fairy tale that may help us become better hitters.

In very simple terms, we want hitters to hit the ball more often, harder and farther every day. There are many factors and variable such as swing mechanics, pitch recognition, timing and more... but I want to focus on something that can tie all those variables together and help the final outcome significantly.

Rhythm, tempo and pace are fairly common terms used to summarize the overall swing as far as speed and control is concerned. We teach a technique we call "finding your number" which is basically finding out which is the best tempo, speed and intent a hitter swings with.

We teach using these ques...

- Hitters in general, want to hit the ball often, hard, and far. All hitters are not home run hitters but they still want to hit the ball as hard and far as their ability allows them.
- In order to maximize their talent, the hitter needs to have a solid, mechanically sound swing as well as use as much of their physical strength as possible.
- The hitter needs to swing as "hard" as they can without compromising their swing technique.
- Most hitters cannot swing as hard as they can (100 percent) without losing some of their technique, which in turn inhibits proper swing mechanics/
- Finding your number is to find the maximum percentage of physical effort without losing any technique. Most elite hitters are generally in the 80 to 90 percentile.

Examples:

- Robinson Cano of the New York Yankees is one of the best hitters with one of the sweetest, smoothest swings I have ever seen. I would give him a number of about 75.
- Miguel Montero, the talented catcher of the Arizona Diamondbacks has a number somewhere between 95 and 105.

Hitters need to experiment to find out what their number is by swinging as hard as they can and just drop the effort by 5% of more until the hitter finds their perfect number which will help each hitter hit the ball more often, harder and farther!



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Posted 8th October 2015 by [BillyKrush](#)

Labels: [batting cages](#), [batting drills](#), [batting mechanics](#), [batting tips](#), [front side mechanics](#), [hitting mechanics](#), [swing mechanics](#)

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## 8th October 2015 Swing Mechanics - Rhythm and Tempo and how they effect the swing

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5% of more until the hitter finds their perfect number which will help each hitter hit the ball more often, harder and farther!



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Posted 8th October 2015 by [BillyKrush](#)

Labels: [batting cages](#), [batting drills](#), [batting mechanics](#), [batting tips](#), [front side mechanics](#), [hitting mechanics](#), [swing mechanics](#)

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8th October 2015 A Fact Based Hitting Program-Where did it come from?

### The Study - What Swing Mechanics Do All Elite Hitters Share?

#### Video



[<http://1.bp.blogspot.com/-sKsSpmN8u7s/VhcdvLxSrOI/AAAAAAAAEyc/aP4xeAWyIFY/s1600/6911991-Pile-of-many-CDs-or-DVDs-background-Stock-Photo.jpg>]

I tapped every source I could muster up on the top Major League hitters I could. I ended up with hours and hours of video and hundreds of still photographs comparing the players swing mechanics.

As I started watching the video and comparing them with the stills, my small one-bedroom apartment became a hitting laboratory. I still didn't know exactly what I was looking for except what was really happening in their swings.

As the days went by, the plan started coming together. I started to identify a certain movement or position in the swing and give it a name. I went back and forth for weeks and ended up identifying 24 positions or movement-types in the

swing. I know what you are thinking now, either this guy has no life or he has some problems. Actually it was a combination of the two.

Then I had to have something tangible to record this crazy idea of mine. I bought the biggest piece of poster board possible and started my chart.

The chart contained the names of the players in the vertical column and across the top, horizontally, I wrote the names of the 24 movements I identified. I then proceeded to observe all the video and stills of each player.

It then became as simple as recording if each player had each specific movement or body position in his swing... two months later I had my collection of information completed. I wasn't close to being finished, but the picture was becoming much clearer. The players had a lot of similarities as well as a lot of differences.

## The interviews

The next part of the study was to ask as many quality hitting coaches and players about what I had learned and their perception of the data.

Living in Scottsdale, a suburb of Phoenix, Arizona definitely worked to my advantage as the area hosts Spring Training for several Major League Clubs and is the off season home of hundreds of players, coaches and scouts. The Valley of the Sun also is home to several quality collegiate and high school programs. I seemingly asked everybody, everything I could. The answers were, to say the least, interesting.

After the "interview portion" was somewhat complete, I went on to the next phase. I had observed that most hitters had way too much length in their swing and that caused a lot of fly balls, foul balls and swings and misses, roll-over ground balls, etc(nothing new to a lot of coaches and players) but I had a couple specific questions that only watching complete games live or on television could answer.

## The live games

I then needed to observe hitters at several levels in live games to see if a pattern developed. If there was, then we would have identified a "general flaw" in hitters of each skill and age level. Who knows, maybe something else would stick out like a sore thumb!

The video, the still photographs, the interviews and the live game studies revealed the basic infrastructure from which the Krush Hitting Company would be based upon.

## The Results ... the Truth



[[http://3.bp.blogspot.com/-6zvSPP88rJM/VhcbwOCixWI/AAAAAAAAAEyQ/ijz\\_E-7JcCg/s1600/Cheyenne%2B030.jpg](http://3.bp.blogspot.com/-6zvSPP88rJM/VhcbwOCixWI/AAAAAAAAAEyQ/ijz_E-7JcCg/s1600/Cheyenne%2B030.jpg)]

So what did watching more tape than most NFL defensive coordinators reveal? Very simply stated, most if not all exceptional hitters share some common swing movements(swing mechanics) or actions. Some coaches refer to these as hitting mechanics, but that is too general of a term for me.

There are several commonalities the elite hitters share. Teaching these common threads or common swing mechanics, is a staple of the program.

The interviews were fascinating for a couple reasons. These experts agreed on many topics and vehemently disagreed on others. It was also very interesting to engage in a conversation of a specific movement that was obviously common in all great hitters (proven through video study), yet until I showed the person of interest video

proof, they disagreed whole-hearted.

The interviews did enable me to assemble a plethora of knowledge on certain parts of the final program such as; the mental approach, different terminology for the same ideas, batting drills, etc.

The live game studies results, based on my experience and a theory, turned out to be one of the most important portions of the study.

I will go much deeper into all these at our camps and clinics and in the upcoming print posts.

Posted 8th October 2015 by [BillyKrush](#)

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8th October 2015

Stories from the road...

## The ALL Star and the Rookie

While working out, on swing mechanics and general mental approaches, with one of the 2008 US Olympic baseball team members in the off-season (I know... tough life), he told me a great story ...

In the 2008 season, one of the San Diego Padres young catchers watched as the best hitter on the planet (at least that season) dug into the batters box. This guy was a star of stars and the catcher was just a “rookie nobody.”

As the hitter got in the box, planting his back foot, he told the rookie catcher that he had a nice swing and was just doing a few little things wrong. He went on to tell him he was getting his front foot down late.



[\[http://1.bp.blogspot.com/-2aVLPExd3WI/VhcUoFzKDXI/AAAAAAAAEx4/yFK-WfqgFyA/s1600/Manny%2BMash.jpg\]](http://1.bp.blogspot.com/-2aVLPExd3WI/VhcUoFzKDXI/AAAAAAAAEx4/yFK-WfqgFyA/s1600/Manny%2BMash.jpg)



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Here is the funny part!

He then told the rook to take the first pitch in his next plate appearance and work on getting that foot down on time. Then look out to the outfield where the star of stars was playing. “If I take my hat off, you were good, you were down early.” The catcher couldn’t believe this was happening.

Questions floundered through his head ...

- This guy is really talking to ME? Why?
- Am I really getting down late?
- In the middle of a pennant race, he is going to help a member of a rival team?
- Can he really see this from his outfield position?

Is he really going to take his hat off to let me know?

OK, so the catcher gets to the plate in his next at-bat wondering if this was really happening. He decided to focus on the point the star spoke of. He took the first pitch focusing on getting his front foot down early. He then slowly looked towards the outfield ... there was the all-star shaking his head up and down as to say it was perfect.

The rook was almost in shock with the whole scenario that just happened.

Next pitch ... Double.

Posted 8th October 2015 by [BillyKrush](#)

Labels: [batting cages](#), [batting mechanics](#), [batting tips](#), [front side mechanics](#), [hitting coach](#), [MLB](#), [san diego padres](#), [swing mechanics](#), [usa baseball](#)



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8th October 2015

3 Skills you need to become an exceptional coach

**How YOU can be an effective instructor**



[<http://3.bp.blogspot.com/-jRPllw7sPN8/Vhb-6OBNdJI/AAAAAAAAExg/pWYah3tLHMY/s1600/dove%252C%2Bdysart%2B009.jpg>]

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No life + obsession with hitting + no real job + living in Arizona + a lot of luck = The Krush Hitting Company.

All this is just prefacing what I believe are the most important things I have learned about being an effective coach. Now this has changed a whole lot in my 30 year coaching career.

The most important characteristic of being a quality coach is being a **good communicator**. Whether you are right or wrong, if you communicate well, you will be effective.

The second characteristic is to **be very knowledgeable (big surprise) in your field**. What I really mean by this is to know a lot about a lot in the field. Acknowledging what others believe or teach is showing that you are not just a stubborn, narrow minded coach. The ability to rattle off what this coach teaches or what that player thinks about will make you a much better teacher.

Another very important value you must build between the players and yourself is **trust**. If a player doesn't trust you, for whatever reason, you will not get the most out of the player. The athlete must trust that;

1. You know what you are talking about
2. You are fair
3. That you care about the individual
4. Your word is good

These days you have to be a Psychology major, as well as a coach, to get the most out of your players. You must analyze and figure out what buttons to push on each, individual player. The days of, "Do it because I said so" are long gone... not many players respond well to that teaching methodology.

I have several ideologies and teaching methodologies that I go through in detail in our coaches' clinics(along with swing mechanics, etc)



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[60BNdJI/AAAAAAAExg/pWYah3tLHMY/s1600/dove%252C%2Bdysart%2B009.jpg](http://60BNdJI/AAAAAAAExg/pWYah3tLHMY/s1600/dove%252C%2Bdysart%2B009.jpg)

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8th October 2015

The Spark - Rethinking What You Teach

## The Spark

### Eyes or Ears



[<http://2.bp.blogspot.com/-coilxZPA49M/VhblUCJiqvI/AAAAAAAAAE/1oHv3INNiyl/s1600/Lou%2BBilly.jpg>]  
Lou Frazier and Billy Kehoe [<http://www.krushathletics.com/>]

While coaching and scouting from 1989 to 2004, I had observed an industry that, in my mind, was lagging behind other sports in many areas. I was trying to look “outside the box” for something different. I certainly believed that the coaching and teaching of the game (mine as well as others), as a whole, needed a wake-up call. Here is my disclaimer... there has and always will be excellent coaches in the game... but, there needed to be some mass improvement.

I am one of the guilty ones, no doubt about it. I was guilty of teaching all my players to “squish the bug”, roll the wrists, etc. I FINALLY asked myself why we teach “squish the bug?” Who came up with that phrase, why do literally 90% of coaches I meet use this phrase and others like it ?

My point being is that me, probably like most other coaches, were teaching players using phrases and other teaching methodologies that we heard from our Dad’s, our little league coaches, our high school coaches, from the camps and clinics we went to and on and on.

The MAJOR PROBLEM with a lot of those words, phrases, etc that we use to teach our players today literally were and are not good. Yes, there are some “good” coach-speak-terms as well.

Until the 2008 World Series, I had not seen a swing on video where a player actually “squished the bug” in a game setting. It rarely if ever happens.

I was starting to observe with my own eyes in an unbiased way. What happens in the swing? Not looking at video or a live hitter with a preconceived notion that the hitter was going to do this or going to do that ... what is the hitter really doing???

So that is one spark. One spark usually doesn’t start a fire and that one spark did not alone.

### The Scout

As a coach and a guy just being around the game a lot, I have been lucky enough to have worked with some players who have gotten some attention from Major League Baseball. Usually the area Scout comes around and takes a look at the kid and maybe has a conversation with you.

My second disclaimer of this write; there are some very good scouts all over the country, but let me tell a short story that ended up as one of the main reasons for the creation of the Krush Hitting Company.

I was working at an elite baseball training center in Arizona where Big Leaguers would hit in the off season as well as some top local amateurs. Five players ended up getting drafted out of the group of local amateurs. Three were drafted in the top five rounds. The scouts flocked to watch these kids workout.

It was during that period where I had a conversation with a Scout about the players that has now become one of the driving forces behind Krush.

There were two big bats and a very athletic catcher with a cannon of an arm that were the most attractive to scouts. We had daily discussions about each one; their strengths, weaknesses, how they would develop, etc. The question I always got was, "which hitter do you like better?"

The conversations were similar and most guys liked one more than the other. The knock on both of them was that they probably couldn't hold down a defensive position in the Big Leagues. One of the kids was a right handed hitting shortstop who was an average high school defensive player.



[\[http://4.bp.blogspot.com/-4mJ6thuBqhA/VhbnWlvkaqI/AAAAAAAAExQ/26Xri-ltPYI/s1600/Nick.jpg\]](http://4.bp.blogspot.com/-4mJ6thuBqhA/VhbnWlvkaqI/AAAAAAAAExQ/26Xri-ltPYI/s1600/Nick.jpg)

Nick Evans [\[http://www.krushathletics.com/\]](http://www.krushathletics.com/)

"Where are you going to hide him defensively?" asked the scout. My response was something like, "if he can at least be an average shortstop, he can probably LEARN how to play a corner (1st/3rd) infield position or at the very least a corner outfield position." "He doesn't have the hands to play in the infield, his arm isn't good enough to play right field and probably isn't athletic enough to play anywhere in the outfield", he stated. He went on to say he swings and misses too much and doesn't hit the off-speed pitch very well. He also doesn't have much power to the opposite field.

I was shocked and thought, why are you here then... but instead I asked him a question from, pardon the pun, out in left field. I asked him if he thought he was a good scout and with a perplexed look acknowledged that he thought he was. I went on to ask him when he became a good scout. Was he born that way, before he became a scout or did he have to LEARN to be a good scout?

"Where are you going with this?" he asked. I understood it was his job to project how good this player could become but asked him if he truly thought that with the proper coaching, could he get better at some if not all his flaws? I asked him if he ever spoke with the player about those specific deficiencies and if he had any knowledge on how to get better in those areas. The answer was no.

I was steamed! Here is a somewhat powerful baseball person making an uneducated assumption and, for all practical purposes, ending this players chance to be drafted by that organization.

That couldn't happen! But it does everyday, everywhere the game of baseball is played. HOW CAN I HELP FIX THIS?

Fresh off a the stint working in Scottsdale, Arizona at the elite training facility where several Major League players worked out in the off season, I started my study on hitting that ultimately led to what now is the Krush Hitting Company,

### **The All-Star**

A conversation with a National League All-Star about what his lower half does during the swing led me to believe that this player was not fully aware of what was going on in his swing. If a 30 year old, MLB All-star didn't know, what does that say about the knowledge many other hitters possess throughout the world, especially the young ones.

### **The Coach**

Another spark came as good friend and ex-teammate Lou Frazier (ex MLB player and in 2008, the Pittsburgh Pirates first base coach), was training some players in the off season and invited me to watch. He is one of the most entertaining people alive and a quality coach as well. He and I were talking hitting and in the middle of the conversation, stopped, reached into his Suburban and handed me a tape. He then said what turned out to be the magic phrase, "Billy, watch this tape and teach your hitters what really happens in the swing, not what people tell you happens in the swing."

These words were exciting, but I was nervous. I had coached at the high school and collegiate level, trained some of the best hitters on the planet (MLB players, minor leaguers, top collegiate players) as well as hundreds of high school and youth hitters... were my teachings sound, quality hitting philosophies and techniques or was the success some of the players and teams a product of pure talent of the players? It was definitely going to be a reality check ... was I any good at my craft???

I was mesmerized watching the 5 or 6 hitters on the tape ... but I needed more. I scrounged around and got as much video on MLB hitters as possible. Then there was the 2 months locked in a room, eating pizza and watching more video than a defensive coordinator in the NFL.

As the days went by, two things became very apparent;

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Posted 8th October 2015 by [BillyKrush](#)

Labels: [batting drills](#), [batting mechanics](#), [batting tips](#), [hitting mechanics](#), [lou frazierN](#), [new york mets](#), [nick evans](#)

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8th October 2015

The Spark - Rethinking What You Teach

## The Spark

### Eyes or Ears



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Lou Frazier and Billy Kehoe [<http://www.krushathletics.com/>]

While coaching and scouting from 1989 to 2004, I had observed an industry that, in my mind, was lagging behind other sports in many areas. I was trying to look “outside the box” for something different. I certainly believed that the coaching and teaching of the game(mine as well as others), as a whole, needed a wake-up call. Here is my disclaimer... there has and always will be excellent coaches in the game... but, there needed to be some mass improvement.

I am one of the guilty ones, no doubt about it. I was guilty of teaching all my players to “squish the bug”, roll the wrists, etc. I FINALLY asked myself why we teach “squish the bug?” Who came up with that phrase, why do literally 90% of coaches I meet use this phrase and others like it ?

My point being is that me, probably like most other coaches, were teaching players using phrases and other teaching methodologies that we heard from our Dad’s, our little league coaches, our high school coaches,

from the camps and clinics we went to and on and on.

The MAJOR PROBLEM with a lot of those words, phrases, etc that we use to teach our players today literally were and are not good. Yes, there are some “good” coach-speak-terms as well.

Until the 2008 World Series, I had not seen a swing on video where a player actually “squished the bug” in a game setting. It rarely if ever happens.

I was starting to observe with my own eyes in an unbiased way. What happens in the swing? Not looking at video or a live hitter with a preconceived notion that the hitter was going to do this or going to do that ... what is the hitter really doing???

So that is one spark. One spark usually doesn't start a fire and that one spark did not alone.

### **The Scout**

As a coach and a guy just being around the game a lot, I have been lucky enough to have worked with some players who have gotten some attention from Major League Baseball. Usually the area Scout comes around and takes a look at the kid and maybe has a conversation with you.

My second disclaimer of this write; there are some very good scouts all over the country, but let me tell a short story that ended up as one of the main reasons for the creation of the Krush Hitting Company.

I was working at an elite baseball training center in Arizona where Big Leaguers would hit in the off season as well as some top local amateurs. Five players ended up getting drafted out of the group of local amateurs. Three were drafted in the top five rounds. The scouts flocked to watch these kids workout.

It was during that period where I had a conversation with a Scout about the players that has now become one of the driving forces behind Krush.

There were two big bats and a very athletic catcher with a cannon of an arm that were the most attractive to scouts. We had daily discussions about each one; their strengths, weaknesses, how they would develop, etc. The question I always got was, "which hitter do you like better?"

The conversations were similar and most guys liked one more than the other. The knock on both of them was that they probably couldn't hold down a defensive position in the Big Leagues. One of the kids was a right handed hitting shortstop who was an average high school defensive player.



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Nick Evans [\[http://www.krushathletics.com/\]](http://www.krushathletics.com/)

"Where are you going to hide him defensively?" asked the scout. My response was something like, "if he can at least be an average shortstop, he can probably LEARN how to play a corner (1st/3rd) infield position or at the very least a corner outfield position." "He doesn't have the hands to play in the infield, his arm isn't good enough to play right field and probably isn't athletic enough to play anywhere in the outfield", he stated. He went on to say he swings and misses too much and doesn't hit the off-speed pitch very well. He also doesn't have much power to the opposite field.

I was shocked and thought, why are you here then... but instead I asked him a question from, pardon the pun, out in left field. I asked him if he thought he was a good scout and with a perplexed look acknowledged that he thought he was. I went on to ask him when he became a good scout. Was he born that way, before he became a scout or did he have to LEARN to be a good scout?

"Where are you going with this?" he asked. I understood it was his job to project how good this player could become but asked him if he truly thought that with the proper coaching, could he get better at some if not all his flaws? I asked him if he ever spoke with the player about those specific deficiencies and if he had any knowledge on how to get better in those areas. The answer was no.

I was steamed! Here is a somewhat powerful baseball person making an uneducated assumption and, for all practical purposes, ending this player's chance to be drafted by that organization.

That couldn't happen! But it does everyday, everywhere the game of baseball is played. HOW CAN I HELP FIX THIS?

Fresh off a the stint working in Scottsdale, Arizona at the elite training facility where several Major League players worked out in the off season, I started my study on hitting that ultimately led to what now is the Krush Hitting Company,

### **The All-Star**

A conversation with a National League All-Star about what his lower half does during the swing led me to believe that this player was not fully aware of what was going on in his swing. If a 30 year old, MLB All-star didn't know, what does that say about the knowledge many other hitters possess throughout the world, especially the young ones.

### **The Coach**

Another spark came as good friend and ex-teammate Lou Frazier (ex MLB player and in 2008, the Pittsburgh Pirates first base coach), was training some players in the off season and invited me to watch. He is one of the most entertaining people alive and a quality coach as well. He and I were talking hitting and in the middle of the conversation, stopped, reached into his Suburban and handed me a tape. He then said what turned out to be the magic phrase, "Billy, watch this tape and teach your hitters what really happens in the swing, not what people tell you happens in the swing."

These words were exciting, but I was nervous. I had coached at the high school and collegiate level, trained some of the best hitters on the planet (MLB players, minor leaguers, top collegiate players) as well as hundreds of high school and youth hitters... were my teachings sound, quality hitting philosophies and techniques or was the success some of the players and teams a product of pure talent of the players? It was definitely going to be a reality check ... was I any good at my craft???

I was mesmerized watching the 5 or 6 hitters on the tape ... but I needed more. I scrounged around and got as much video on MLB hitters as possible. Then there was the 2 months locked in a room, eating pizza and watching more video than a defensive coordinator in the NFL.

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8th October 2015      Three Universal Swing Faults - Swing mechanics gone wrong

### Three Universal Swing Faults

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Something done "wrong" in a swing or swing mechanics is a *swing fault*

A *swing thought* is what you think prior and during the swing... giving your body directions.



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Proper Hitting Posture [<http://www.krushathletics.com/>]



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### **Fault # 1 Lack of Proper Hitting Posture**

Hitters lose their balance/athleticism during the swing which results in losing their hitting posture.

Hitters will open their front side (shoulder, hip, front leg, head) too soon and will lose hitting posture.

This causes too many bad things to mention them all... your head comes off the ball, your swing gets long and usually loopy, and the ability to adjust to an off-speed pitch is diminished immensely.

**HOW TO FIX:** Understanding specifically what the position is and consistently keeping the body in that position throughout the swing will increase success dramatically.

**SWING THOUGHT:** Stay balanced, keep the knees slightly bent throughout the swing and finish the swing with a slight lean over the plate.

**DRILL:** Mirror drill – Simply watch yourself swing in a mirror, keeping proper balance and hitting posture... over and over and over.

**BATTING TIP:** Having proper hitting posture and balance on every swing is **critical** in maximizing any hitters potential. There is nothing you can do in any sport well if you don’t have control of your body.

Most hitters tend to have naturally long swings because of these next two faults... long swings are not mechanically sound swings.

### **Fault # 2 Dip, drag, loop, or uppercut which causes long, loopy swing.**

**Question:** How many foul balls are hit in a Major League game and where do most of them go? There are dozens and dozens of foul balls and most of them go up and out of play... because of the natural loop or barrel drag which leads hitting the bottom of the ball.

Hitters naturally create a “loop” in the swing or **drag** the bat head. MOST of the good pitches to hit that we swing at and miss, we swing UNDER the ball... if you have TIVO, check for yourself.

Most young hitters drag let their bats drag under pitch vs. Keeping barrel above pitch until just prior to contact



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We want to flatten out the naturally loopy swing...this will keep the bat on the pitch plane longer to give us a better chance for contact.

WHY do hitters do make this fault?

Natural movements

Lack of knowledge

Improper practice habits

Lack of functional strength

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*SWING THOUGHT:* "Swing slightly down" on the ball, aim at the upper half of ball/pitch

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*\*\* Swinging down is a very controversial subject.* The truth is that we *don't* want to swing down but, hitters just have such a natural, pronounced loop that thinking about swinging down flattens the swing a bit.

*DRILL:* High Tee – Set up a Tee about chest high and go to swinging (line drives). If the hitter loops or drag at all... the Tee will be destroyed within a few swings.

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**Fault # 3      "Casting", surrounding the ball, getting outside the ball, missing the slot**

*Question:* Have you ever got a pitch down the middle of the plate and pulled a 5 hopper to the shortstop/2<sup>nd</sup>

baseman? This happens way too much! Why do we usually put the best young player at shortstop? Because of this natural swing fault! Most hitters are right-handed and with this almost universal “cast and roll” swing fault... a lot of ground balls are hit towards the short-stop.

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Hit the inner half of ball

*DRILLS:* Tee’s to opposite field (example below... exactness), Fence drills, opposite field hitting.

*BATTING TIP:* When working off of batting tee, pick a spot on inner half of ball and aim at that spot.

When the “loop” and “cast” are eliminated from the swing, the hitter has a short, flat, quick, powerful, and explosive swing. This makes for more solid contact, more often, and creates optimum power and ball flight.

Posted 8th October 2015 by [BillyKrush](#)

Labels: [batting cages](#), [batting drills](#), [batting tips](#), [front side mechanics](#), [hitting mechanics](#)



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Hit the inner half of ball

*DRILLS:* Tee's to opposite field (example below... exactness), Fence drills, opposite field hitting.

*BATTING TIP:* When working off of batting tee, pick a spot on inner half of ball and aim at that spot.

When the “loop” and “cast” are eliminated from the swing, the hitter has a short, flat, quick, powerful, and explosive swing. This makes for more solid contact, more often, and creates optimum power and ball flight.

Posted 8th October 2015 by [BillyKrush](#)

Labels: [batting cages](#), [batting drills](#), [batting tips](#), [front side mechanics](#), [hitting mechanics](#)

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## 7th October 2015      Swing Mechanics -The Bump - The middle part of the weight shift and why it is important

The first in a series of swing mechanics. We will go from head to toe and from start of swing until finish. Most batting instructors like to teach from the feet upward, and I do as well, but in this series of posts, we will bounce around the sequence.

### THE BUMP

This is one of the more difficult topics to both explain and understand. I have literally spoken to many professional hitters and coaches about this and have received many blank stares. So if it doesn't come easy, you are not alone!!

WHAT IS THE BUMP? (Warning!!! a lot of coach-speak in here)

The middle part of the weight shift or, the linear sway (movement towards the pitcher) of the hips while keeping an athletic (bent) front leg and a square to the plate torso (hips have not opened yet) until the decision is made whether to swing or take the pitch. A very important component of the bump is that the back foot does not rotate but weight on foot rolls to inner portion of foot.



[<http://2.bp.blogspot.com/->

[OJtcwT\\_GUQ/VhX4g7dXROI/AAAAAAAAAEuc/q1Mt2gXxKF8/s1600/ipad%2Bpics%2B246.JPG](http://2.bp.blogspot.com/-OJtcwT_GUQ/VhX4g7dXROI/AAAAAAAAAEuc/q1Mt2gXxKF8/s1600/ipad%2Bpics%2B246.JPG)

The Bump [<http://www.krushathletics.com/>]

Looking at photo to left;

1. The majority of weight has shifted from the back leg to the center/front. The center of mass has shifted to the middle/front of hitter
2. The bent front leg and whole foot on ground creates athletic front side position. (Big part of proper front side mechanics)
3. The hands are back and in launch position
4. The back foot is releasing but not rotating as the foot is rolling forward onto upper/inner foot.
5. The hips are slightly opened but the torso is square with plate.

## SIMPLE TERMS

•



[<http://2.bp.blogspot.com/->

[J1KliiOh7kw/VhX3Dp6IzEI/AAAAAAAAEuA/4jxqhlFpCSI/s1600/ipad%2Bpics%2B420.JPG](http://2.bp.blogspot.com/-J1KliiOh7kw/VhX3Dp6IzEI/AAAAAAAAEuA/4jxqhlFpCSI/s1600/ipad%2Bpics%2B420.JPG)

Getting in best athletic position to strike and object in front of you

- Keeping hands back creating a sling shot effect
- releasing weight forward by rolling up of inner foot

More simply stated: The bump is when the hitter starts forward by shifting their weight from back to front creating a bent(athletic) front leg.



[[http://2.bp.blogspot.com/-p\\_kKno25b\\_c/VhYlJnQsJhI/AAAAAAAAAEvA/ggrJ2zsTpdg/s1600/Bill-Guerin-590x410-slapshot.jpg](http://2.bp.blogspot.com/-p_kKno25b_c/VhYlJnQsJhI/AAAAAAAAAEvA/ggrJ2zsTpdg/s1600/Bill-Guerin-590x410-slapshot.jpg)]

Looking at a hockey shot, the lower half is very similar as the transfer is similar and the object striking just happens on different plane.



[<http://1.bp.blogspot.com/-6XoEA4szXWU/VhYMC8p0RBI/AAAAAAAAAEvM/V4sySxf2W7I/s1600/hughes-attacking-south-africa.jpg>]

Similar traits in lower half in cricket

Pick any athletic movement where an athlete is striking something and the lower body mechanics are very similar.



[\[http://3.bp.blogspot.com/-NblEYj45Srk/VhYOiN\\_HTRI/AAAAAAAAEvY/e4ovTHLw7iM/s1600/bp%2Bbump.jpg\]](http://3.bp.blogspot.com/-NblEYj45Srk/VhYOiN_HTRI/AAAAAAAAEvY/e4ovTHLw7iM/s1600/bp%2Bbump.jpg)

The by-product of the bump is if the hitter is fooled by an off-speed pitch, the bent front leg combined with keeping the hands back, allows the hitter to “buy time” by waiting longer and keeping bat in zone for a long time out in front to create a better chance for solid contact.

Why is this so important? If the hitter “bumps”...

- It eliminates early rotation
- The hands have a better chance to stay “inside” the pitch by driving elbow to belly button
- The hitter has a better chance for solid contact if fooled by pitch by keeping a flat swing
- Allows for adjusting to off-speed pitches
- Keeps head and eyes in good tracking position
- Helps keep bat inside the ball
- Prevents “casting” which, in turn, prevents the rolling of the bat head
- Helps Create a strong, powerful contact position
- Helps Create flat swing
- Eliminates squishing the bug or spinning

**BATTING TIP:** keep knees slightly bent throughout the swing which makes all the good movements happen more often and the bad movements happen less often.

Posted 7th October 2015 by [BillyKrush](#)

Labels: [batting drills](#), [batting mechanics](#), [batting tips](#), [front side mechanics](#), [hitting mechanics](#)

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## 27th September 2015 The 4 Absolutes of Being a Good Parent of a Young Athlete

I would venture to say that just about all parents of young athletes want the absolute best for their kids. That is not something I believe could become a legitimate debate. The debate begins when the subject of how to be a good parent gets mentioned. There are an almost infinite number of scenarios and angles to look at this topic... but just like in Hitting Mechanics, there are absolutes in being good parents of young athletes.



[\[http://www.krushathletics.com/\]](http://www.krushathletics.com/)

Smiling Young Athletes [\[http://www.krushathletics.com/\]](http://www.krushathletics.com/)

1. Remembering that it is their life, their likes, their "want to's" , their time, their dreams... not your life, your likes, your "want to's", your time or your dreams. We all want our kids to be good at what they do, enjoy what they do, learn

from what they do and have and chase dreams.

But here is the hard truth from 40 years deeply entrenched in youth athletics. Too many parents are living their own dreams through their kid. I'm not going to write a report on the psychology of this but by observation, it happens often and it is UGLY at times. Both parties lose.

I have a good friend and fellow coach that has a set of rules he follows as far as his coach-parent dynamic. One rule he spoke of was that he is behind his son/athlete 100% no matter what he decides...to play, not to play, to pursue outside interests. But whatever he chooses, it is 100% effort... no quitting, never missing a workout, practice, game or any individual or team function.

One of his sons is a legitimate college baseball player with a chance to play professionally. He could very easily turn his dream of watching his son play Major League Baseball into a full court press that dominates every minute of time they spend together... forcing his dream on his son. He does not ever mention anything except doing his best every day. Which creates the best support system his son can have.

Maybe that is the coach in him but what is for sure is quality parenting.

## 2. Understanding your kid or any other NEVER TRIES TO DO BAD.

This may seem obvious but, it's the reaction by parents to lack of production, the parents reaction to the lack of perceived lack of effort ... yelling from stands, the "death stare" from the stands, the constant barking of instructions from outside the fence to fix the "problem", rumbling in the stands about this kid or that kid not doing well, the "talks" on the way home from the game.

When I first started coaching, my old high school baseball coach pulled me aside and told me this exact quote, "Remember, no kid ever tries to do badly".

This is not to say at times, your kids need to be talked to, sternly at times but understanding there is a time, place and way to address these scenarios... and the place isn't on the field during the contest.

Learn how you can help them and help them do better... and they will get better. The reactions mentioned are not the way to fix your young athletes struggles. Be part of the solution, not part of the problem.

## 3. Be a supporter. Most young athletes have herds of support... parents, brothers, sisters, grandmas and grandpas. But I have run into several young athletes with empty supporter seats at each game.

When I find out it is the norm, rather than the exception, it can be heart breaking.

I know it can be tough to be at every game. nearly impossible for most because of that four letter word we all share! In 2015, there are ways to be a supporter even if you are not present... a phone call, a text, a note in the morning before you leave for work... PLEASE LISTEN to this... If you don't know how important it is for you to be a supporter of your young athlete, it is DIRE!!!

I have seen it in every corner of the states at every level in many different sports. Being a young athlete is a beautiful thing but it can be nerve wracking, mentally tough and butterflies populate these kids stomachs in flocks!! Having someone in the stands for them to just glance at can be just what they need! Waking up to a good luck letter from Mom can bring a smile the size of Texas to a youngsters face that will carry them through the game. And the ever popular text just letting them know you wish you were there can do wonders.

Again, be part of the solution, not part of the problem.

## 4. Stay off! The field, the court, the ice, etc.

Unless there is an emergency, I can't think of one positive reason for a parent to ever be on the field of play.

First of all, I have never witnessed a young athlete see their parent come onto the field of play and get really, really happy!

That embarrasses most, if not all young athletes.

If you need to talk to a coach or administrator, make an appointment to meet them away from the kids...especially your kid! No matter if you are the best coach, motivator, etc (the reason you went on field), your kid or the others do not want you on the field...not to mention the coaching staff and officials won't be pleased.

Be invisible unless you are being a supporter. Your kid will appreciate that.

For all you wonderful parents, a huge thank you. For you parents that may be able to get a little better, well let's get to work. Your young athlete will grow up and become an adult and look back at a wonderful athletic experience and you will be a big reason why!

Posted 27th September 2015 by [BillyKrush](#)

Labels: [athlete parent](#), [baseball](#), [baseball camps](#), [batting cages](#), [batting drills](#), [batting mechanics](#), [batting tips](#), [hitting coach](#), [hitting mechanics](#), <http://www.krushathletics.com>

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25th September 2015      The Hidden Skill of Exceptional Hitting Coaches

Spending hour upon hour in the Batting Cages with hitters, studying batting mechanics online every night,



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Learning, not Teaching

going to coaching conventions across the country to get batting tips, new batting drills and maybe a whole new approach, talking with anyone and everyone you may think can elevate your knowledge, maybe just maybe get video of every national league player and watch 2 months worth of video...most of those are processes all good hitting coaches partake in but the most important skill may have little to do with any of those.

Its 2015, long gone are the dictatorship coaching styles that truly get the most out of the players. They exist all over the country but it is rare that a young athlete maximizes his or her talent with the proverbial, " Do what I say and don't ask questions style." There are multitudes of researched, documented reasons why this is the case. In some ways it is good and some ways it is a challenging time to be a coach.

Becoming a master technician is CRITICAL if you want to be an exceptional coach. You have to know what the elite hitters do "mechanically" in their swings so you can teach the facts.

Being known as a "Batting Cage rat" or "Cage Rat" is the highest of compliments within the coaching ranks!

Depending on which level you are coaching at, it is always a positive to know as many good people in the industry to use as a knowledge base, a think tank partner or group, as a link to get or place players to and from your program. So positive, strong relationships within the game are a must for an exceptional coach.

Luck be my lady, I have been able to have fantastic coaches around me from the first time I grabbed a baseball bat and put on a baseball uniform when I was 8 years old! (I know it's 3 years old now... but i don't understand why?) I have lived in the middle of 'Baseball Disneyland' aka Scottsdale Arizona most of my life. So with a minimal amount of effort, I have an unlimited knowledge base at my fingertips daily.

I have tried to paint a picture of the skill set and effort it takes to become an exceptional coach and also that some hands dealt are better than others... some of the best coaches I have ever met were from cold weather places making access to the elite group very difficult.

After being involved in the game for as long as I have, the roles I have played in it and the traveling across the country regularly... I see trends and when you see as many as I do, the data becomes very clear. One of these data points is there is a direct correlation to "The Hidden Skill" and overall individual, team and program success.

#### \*Hidden Skill

It's not all that hidden, it is just not talked about as much as the others we have mentioned. It is usually described in cliches such as motivator, pushes right buttons, hard worker, etc... and it is never broken down into detail!!!!

The ability to observe the player individually and evaluate his/her:

- Current state of skill and what is background of what they have been taught?
- Potential of skill
- How the hitter learns- what is their most effective way to learn, the rate at which they learn
- Emotional state in general- each kid has different emotional states for infinite reasons and until they are in the optimal learning state... not much good is going to happen

- Mental state-most of the previous can be put in this category but the main point I believe is that every kid has their own mental state in which they perform best...focused, relaxed, pumped up, a little angry, etc... we have to know this and implement it.
- Physical state-are they functionally strong enough to 1. do the things they are trying to do now and 2. strong enough to be able to execute the skills they are about to be taught... their brain may tell the body to do something it is physically incapable of doing.
- Can the hitter truly see the ball well... sounds elementary, IS elementary, but you can have Tony Gwynn's swing and if you see something white and fuzzy coming at you...good luck!

So we mentioned swing mechanics, judging skills and learning capabilities, becoming a Psychologist, Anthony Robbins and a Bio-mechanics Professor... CAKE!!! Haha!

### **It is as simple as this... DO YOUR \*HOMEWORK.**

Find out what a good swing is...

Find out what the best way young athletes learn and in particular yours...

Find out about the young PERSON... you know the young ATHLETE... what makes them tick?

Learn about bio mechanics and athletic performance training.

Learn about visual training...

Learn about...EVERYTHING!!!

Exceptional hitting coaches do their \*homework- yes, you have to work to become an exceptional hitting coach.

It's the "hidden" skill because its the skill you obtain behind closed doors.

Posted 25th September 2015 by [BillyKrush](#)

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- Physical state- are they functionally strong enough to 1. do the things they are trying to do now and 2. strong enough to be able to execute the skills they are about to be taught... their brain may tell the body to do something it is physically incapable of doing.
- Can the hitter truly see the ball well... sounds elementary, IS elementary, but you can have Tony Gwynn's swing and if you see something white and fuzzy coming at you... good luck!

So we mentioned swing mechanics, judging skills and learning capabilities, becoming a Psychologist, Anthony Robbins and a Bio-mechanics Professor... CAKE!!! Haha!

#### **It is as simple as this... DO YOUR \*HOMEWORK.**

Find out what a good swing is...

Find out what the best way young athletes learn and in particular yours...

Find out about the young PERSON... you know the young ATHLETE... what makes them tick?

Learn about bio mechanics and athletic performance training.

Learn about visual training...

Learn about... EVERYTHING!!!

Exceptional hitting coaches do their \*homework- yes, you have to work to become an exceptional hitting coach.

It's the "hidden" skill because its the skill you obtain behind closed doors.

Posted 25th September 2015 by [BillyKrush](#)

Labels: [batting cages](#), [batting drills](#), [batting mechanics](#), [batting tips](#), [hitting coach](#)

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22nd September 2015

Fishing made me do it

Driving on I-25 towards Denver in the early summer of 2004, I was on top of the world! I was to test my new found "Facts of Hitting" teaching program on one of the best American Legion Teams in the country and do some fly fishing! Heaven!!!

With the 107 degree Arizona heat in my rear view mirror, so was my inferior, theory-based coaching style!

But I was nervous as a fish out of water!

How was it going to work?

How would the kids and coaches receive the information that was so foreign to me, a baseball lifer, just a few months earlier?

Am I walking into a perpetual mine field called baseball tradition?

Would they like me as a coach?

Would they respect me?

But most important of all... would it truly make each one of them better?!?

And would there be an explosive hatch while I was their so my fish stories wouldn't be fish stories.

The whole trip, I had fished thoroughly through my mind for answers to try and be prepared for any and all questions.

Arriving early to a beautiful High School field 30 miles north of Denver, I marveled at the snow peaked Rocky Mountains that dominated the landscape in the area.

Having a few minutes before I needed to set up, I fished for my camera in an 1995 Chevy packed to the gills, to capture the moment.

That picture sits above my desk today.

Was this a "fish or cut bait" moment? Was this new, fact-based hitting development plan as good as I thought or was it just another "fad"? If it didn't work, I had other fish to fry as far as getting a real summer job!

The kids rolled in in a very respectful manner and Bob Bote, the coach of the club, was excited to see what the new hitting development program could do!

As I watched the kids hit, I was getting excited because the program leaves little room for interpretation... either you make all the correct movements at the correct time...or you don't.

Intently watching each swing as though it was a dry fly about to get slurped up by a big brown trout, it was VERY obvious that these kids were talented but each had a "hole" or two I thought I could address and fix.

The 3 day camp went well and the improvements made were significant. The kids and coaches understood, for the most part, what they did well and what they were missing... and most importantly, how EXACTLY to fix it. I was very pleased how my first teaching event went and was ready to... drum-roll... actually go fishing.

And I did for a few days after making plans to come watch the team with Coach Bote after a couple days of wetting my line.

As I rolled into Scott Carpenter Ball Park in Boulder Colorado after a couple days posing as an angler, I was met by a parent fishing for some information. "Are you the Krush guy" she asked. After a chuckle(The krush guy I thought? I like that), I confirmed her hunch with a simple, "I think so."She happened to be a mother of one of the players on the team opposing Coach Botes club. "How do we get you to come to our place?" Another snicker and a stutter and I composed myself and asked where they were from? She told me it was a smaller town in Northeast Colorado. I then asked how she got my information and why she was interested?"My son is good friends with the Kids(on Coach Botes team) and they hit 9 home runs against us yesterday. And they hit 7 in the 1st game today. All the kids said it was because of your camp."Quite embarrassing to hear as I know the program was just part of the equation resulting in their success... but exhilarating!! IT WORKS! IT WORKS! All I could tell myself after hearing her say that!I ended up staying in Colorado for 7 weeks and fished a total of 14 days! Winner!!!Fast forward 12 years. More than 1000 events and roughly 30,000 hitters and coaches in some 31 states later... of course it worked! It is based up FACT! Proven fact...of course it worked. It worked back during day one of our sport and it works now... either you make the correct movements at the correct times or you don't.



[\[http://www.krushathletics.com/\]](http://www.krushathletics.com/)

Krush Hitting Camp [\[http://www.krushathletics.com/\]](http://www.krushathletics.com/)

I spent years fishing for data and a better way as I still do today... but it comes down to that simple question and ALWAYS will! Facts are facts period. Fishing made me do it... and the fishing is good!!

Posted 22nd September 2015 by [BillyKrush](#)

Labels: [baseball](#), [baseball camps](#), [batting cages](#), [batting drills](#), <http://www.krushathletics.com>, [MLB](#), [softball](#), [softball camps](#), [youth athletics](#)

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21st September 2015

## We don't know what we don't know

"What is a good athletic position?"

I ask that to every kid and coach in every clinic I put on?

The most common answer is ridiculous!!! But wait... we don't know what we don't know... so how can the hitters or coaches answer the question correctly if they don't know the REAL answer? Rhetorical question? Maybe, maybe not.

Let's address the problem baseball and softball, along with other "industries" have and don't deal with it well enough. We TEACH WHAT WE KNOW without sometimes stepping back and analyzing it and CONFIRMING what we teach is good stuff? Sometimes when I say this in a coaches clinic, I get the look a dog gives you when it gets curious about something... a turn and lean of the head implying, "What are you talking about?"

OK, answer this as an example of possibly teaching something without thinking it MAY be not really a good technique to teach...

1. Hitters should squish the bug... I SAID IT FOR YEARS!!!! Dead wrong. One MLB hitter out of more than at least 2,000 hitters from 1900 through current players does it. AND IT KILLS HIM! He is arguably a top 10 athlete in MLB but struggles mightily given his abilities.

2. What is a good athletic position? Feet shoulder width...WRONG!!!! Try and guard someone in basketball, field a ground ball, take on a running back in football, etc, etc, etc. If your feet are shoulder width, you will struggle. It is much wider than shoulder width. Watch MLB hitters do their business if you don't believe me.

3. You should land on your front toe softly and keep your wait back when you land. Now, this isn't as serious an offense as 1 & 2 but it destroys a lot of hitters. It can cause so many problems, I could write a 1000 word article on the perils of landing softly on the toe. Some good hitters do this but not too many. Land on your whole foot in a controlled manner is an easy way of doing it efficiently.

Those were 3 things I LEARNED and TAUGHT early in my coaching career. Problem is is they were flat out wrong and I flat out did not do my job to the kids that were under my tutelage.

Our Krush Athletics Baseball and Softball camps are based on facts. It is simple...do what the best hitters in the world do...Copy them!!!! I challenge you if you are a coach of any sort to re evaluate what you teach... maybe your are the Yoda of hitting and know everything and doing it correctly or maybe you are like I was...just trying to do a good job... but you CAN BE BETTER!

Here is the thing...the kids get a short shot at maximizing their potential which, if they move in that direction, will only enhance the entire athletic experience... but if the young hitters don't get true, quality information, they will NEVER maximize their ability. So if you were like me, you will have to get a needle and pop that ego and go learn!!!!

The kids you teach will benefit and so will their families... the ride home after an 0-4 is not a fun one for anyone... 3-4 with a couple dubbs... Dairy Queen Baby!!!



[[http://2.bp.blogspot.com/-eud0Jp\\_fdl/VgBKK9ubVCI/AAAAAAAAAEsE/wPhMol-Qqio/s1600/nice%2Btotal%2Bkrush%2Bcollage.jpg](http://2.bp.blogspot.com/-eud0Jp_fdl/VgBKK9ubVCI/AAAAAAAAAEsE/wPhMol-Qqio/s1600/nice%2Btotal%2Bkrush%2Bcollage.jpg)]  
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Posted 21st September 2015 by [BillyKrush](#)

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21st September 2015

## Coaching Styles... More than One Way to Achieve Excellence

As I Travel across the country, I have the invaluable and life-changing chances to meet people of all ages, genders, beliefs, professions, hobbies, etc... it is truly a gift of the highest quality on this earth. I have met hunting and fishing guides who are the cream of the crop in their

industry. I have met a man who ran USA Gymnastics and turned our countries program into THE elite program in the world. I have met teachers and bankers and on and on.

But the people that may be as impressive as any is the small group of elite coaches I run into. It is an interesting study as to why some

are extremely successful- I define successful coaches as ones that win, actually coach, teach kids on and off the field, live their lives as exceptional role models for their kids and help produce

and pass on their kids to the next level - and some struggle in one area or another.



[<http://www.krushathletics.com/>]

Scott and Tagg Bullock [<http://www.krushathletics.com/>]

The elite coaches take on the responsibility of running a program, not just coach a team. The differences between the two are as different as a Brandon Webb sinker and a Aroldis Chapman fastball. Running a program entails "living your program". Coaching a team requires showing up at the proper time and hanging out with the boys for a few hours.

The successful coaches do have some common traits such as organizational skills, motivational skills and of course, baseball or softball knowledge and teaching skills.

Two extremely successful coaches I have run into are Scott Bullock of Rocky Mountain High School in Fort Collins, Colorado and Tagg Lain of Cheyenne, Wyoming's American Legion Ball club, Post 6. Between the two, they have won about 25 state championships in the last 20 years. They are both young men, in their early to mid forties. THESE GUYS ARE FLAT OUT GOOD AT WHAT THEY DO!

But here is the interesting part... they are good friends, grew up near each other, both were excellent players... but their coaching styles are as similar as the Yankees history versus the Cubs history. They are opposite in many ways, yet create almost identical results.

They both have all the needed qualities I mentioned above to run a program. But they are different, very different in their approach to getting the most out of their ball clubs...which they do every year.

Coach Lain is already a legend and if you know him, you know what I am talking about. I call him the "John Wayne of Baseball". His numbers are ridiculous...cartoon like. He wins, he produces college and professional players and also produces great kids who become men under his tutelage.

He is one tough dude... physically, mentally and emotionally. And he coaches like he is one tough dude. Some people would call it "old school". When you graduate from the Post 6 program, you are ready to take on life. He is tough on the kids, but in a way that tough kids love it and "soft" kids either become tough kids or end up leaving the program. He expects you to play and practice hard and smart EVERY day. Not unreasonable...as a matter of fact, isn't that how you are supposed to do it?

I know it is 2015 but athletic's are one of the purest platforms we have left to teach youngsters character traits that might be disappearing in our country to some degree; teamwork, competing, preparation (Coach Bullock is the best prepared High School Coach I know), getting up when you get knocked down, handling tough and pressure filled situations, etc. Coach Lain tells you how it is...if you do well, he praises you, if you don't he tells you it was not up to his standards. Refreshing to me in 2015 where we give kids trophies for participating? Are you kidding me?(Different subject for a different time)

Coach Lain is a master when it comes to getting his team ready for play and his kids ready for the world! Is he tough on them? yes. Does he expect them to compete like their lives depend on winning each game? yes. Does

he bump or cross the line from time to time? yes (so do 99% of persons of excellence). Would I want my son to play for Coach Lain... ABSOLUTELY YES!

Coach Bullock has lead his Lobos to 5 or 6 of the latest Colorado State Championships. As with Coach Lain, Coach Bullock not only wins but he produces player after player that goes on either collegiately or professionally.

Scott has a more subtle approach. Don't get me wrong, he is extremely intense but somehow translates that into being or saying something positive 99% of the time. His kids love and respect him. Scott is a teacher, a motivator and is very, very well prepared.

Looking out at the 3rd base coaching box, you can't tell if the Lobos are up by 5 or down by 10. Constant, consistent, positive messages are always coming from the King of Colorado coaches. He is slightly obsessive about tradition, organization and doing things the "Lobo way" which is part of "living the program".

Coach Bullock, as does Coach Lain, gets the most out of his kids on and off the field.

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So which way is better?

It is like choosing between watching Miguel Cabrera or Mike Trout take batting practice. Either one works... either one is exceptional ... and both are winners on and off the field.

Tagg Lain [<http://www.krushathletics.com/>]

Posted 21st September 2015 by [BillyKrush](#)

Labels: [batting cages](#), [batting drills](#), <http://www.krushathletics.com/>, [youth athletics](#)

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Labels: [batting cages](#), [batting drills](#), <http://www.krushathletics.com>, [youth athletics](#)

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21st September 2015

## Why Krush Athletics Is and Is Important

My first recollection of having a coach in me was when I was in junior college in Scottsdale Arizona, I played 7 different positions throughout the year on a team that went to the Junior College World Series in Colorado. It was my first year catching and caught about half our 80 games. We had three catchers that ended up getting picked in the Major League Draft on that team... so I was pretty happy getting that much playing time in my first year behind the dish. If I spent more time in the batting cages, I would have gotten more at bats as well!

Wait, maybe it was in high school where I called our pitches from shortstop (sensing a control freak yet?)

No, it was my freshman year in high school where when invited to play with the varsity team in a preseason tournament and ending up telling our hitters what they were doing wrong during the game...AND THEY LISTENED TO ME!!!

Actually it probably was in Little League when I seemed to tell everyone on defense where to play.

Looking back, two things stand out;

1. I sure sounded bossy and arrogant

2. I somehow had an innate way to see what was going on at a different level than others around me and when I tried to give EVERYONE some tips, they seemed to take it as "a good idea" as opposed to "being bossy".

Now let me tell you that in just about every other phase of my life, I am a D+ at best, So please go with stand out # 2.

Have you ever seen a real talented wood worker? They are no doubt educated in their trade but they have something else... a vision and a touch that is uncommon. That is often true in most if not all industries, jobs, hobbies, etc. A mechanic that can hear a sound and diagnose exactly what is wrong through education, experience and that special gift. The true greats have a talent that is almost indescribable.

I can burn toast, lose a cell phone and keys 5 times a day, get lost on Main street but somehow, somehow seemed to be able to see what goes on in the swings I see.

So how does this talk about coaching and wood workers and mechanics translate into Why Krush Is?

It's a simple but complicated goal of mine.



[\[http://www.krushathletics.com/\]](http://www.krushathletics.com/)

There are 5 phases a hitter must work on and master to maximize their hitting potential. The most common one is the swing. Why is the swing phase what we work on the most? BECAUSE IT IS FUN!!!

Who doesn't want to take some swings and hope their is a fence within reach while we do it.

Men and women, boys and girls... we want to hit a ball and preferably over something. It's crazy but true, almost innate.

So back to the goal. I want to raise the batting average of America 100% points. Yes, America's average. That is an enormous task considering there are about 10 million hitters around the states.

I ask myself how this can be done? WHY DO THIS?

Well one reason is, if that happens, **that means millions of athletes understand what a great swing is and how to attain that level of skill.** That also means millions of athletes that are ENHANCING THEIR ATHLETIC EXPERIENCE.

I hate to break it to some of you but the most important reason any kid should play sports isn't about winning. Health, teamwork, the overused but true "dealing with adversity", work ethic and many more traits as well can be learned through sport.. THE most important reason is to have fun PLAYING sports. Sometimes we forget it is a game and games are PLAYED. The window to play is small and each young athlete deserves a shot at attaining these traits and have a ton of fun playing sports.

Combining the hunger for increasing positive athletic experiences with the belief that hitters desire the ability to learn what they need to create a swing that helps maximize their hitting ability ...those two elements steers my mission. This is the the Reason Krush Athletics is and is important.

I often tell anyone that will listen that one of my dreams is to pull up to a Little League field in Oklahoma, a fast pitch softball field in Minnesota, an American Legion field in Montana or a College field in Anytown USA and **see each and every hitter display a skill level that is truly impressive.**

IT IS NOT THAT HARD!!! My bank teller can create a perfect swing. It doesn't take much talent to make your swing close to perfect. I have spent more than 35 years finding out what will help everyone. I have and 12 years of traveling the country creating this program which has proved that.

Good swings create better results which creates more success which creates a better athletic experience for the athlete and the athlete's family.

When we get enough people exposed to our fact based program, fact based batting drills and soon our swing aids and hitting products...my dream will become a reality.

Posted 21st September 2015 by [BillyKrush](#)

Labels: [baseball](#), [batting cages](#), [batting drills](#), <http://www.krushathletics.com/>, [softball](#), [youth athletics](#)



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21st September 2015

## Why Krush Athletics Is and Is Important

My first recollection of having a coach in me was when I was in junior college in Scottsdale Arizona, I played 7 different positions throughout the year on a team that went to the Junior College World Series in Colorado. It was my first year catching and caught about half our 80 games. We had three catchers that ended up getting picked in the Major League Draft on that team... so I was pretty happy getting that much playing time in my first year behind the dish. If I spent more time in the batting cages, I would have gotten more at bats as well!

Wait, maybe it was in high school where I called our pitches from shortstop (sensing a control freak yet?)

No, it was my freshman year in high school where when invited to play with the varsity team in a preseason tournament and ending up telling our hitters what they were doing wrong during the game...AND THEY LISTENED TO ME!!!

Actually it probably was in Little League when I seemed to tell everyone on defense where to play.

Looking back, two things stand out;

1. I sure sounded bossy and arrogant

2. I somehow had an innate way to see what was going on at a different level than others around me and when I tried to give EVERYONE some tips, they seemed to take it as "a good idea" as opposed to "being bossy".

Now let me tell you that in just about every other phase of my life, I am a D+ at best, So please go with stand out # 2.

Have you ever seen a real talented wood worker? They are no doubt educated in their trade but they have something else... a vision and a touch that is uncommon. That is often true in most if not all industries, jobs, hobbies, etc. A mechanic that can hear a sound and diagnose exactly what is wrong through education, experience and that special gift. The true greats have a talent that is almost indescribable.

I can burn toast, lose a cell phone and keys 5 times a day, get lost on Main street but somehow, somehow seemed to be able to see what goes on in the swings I see.

So how does this talk about coaching and wood workers and mechanics translate into Why Krush Is?

It's a simple but complicated goal of mine.



[\[http://www.krushathletics.com/\]](http://www.krushathletics.com/)

There are 5 phases a hitter must work on and master to maximize their hitting potential. The most common one is the swing. Why is the swing phase what we work on the most? BECAUSE IT IS FUN!!!

Who doesn't want to take some swings and hope their is a fence within reach while we do it.

Men and women, boys and girls... we want to hit a ball and preferably over something. It's crazy but true, almost innate.

So back to the goal. I want to raise the batting average of America 100% points. Yes, America's average. That is an enormous task considering there are about 10 million hitters around the states.

I ask myself how this can be done? WHY DO THIS?

Well one reason is, if that happens, **that means millions of athletes understand what a great swing is and how to attain that level of skill.** That also means millions of athletes that are ENHANCING THEIR ATHLETIC

## EXPERIENCE.

I hate to break it to some of you but the most important reason any kid should play sports isn't about winning. Health, teamwork, the overused but true "dealing with adversity", work ethic and many more traits as well can be learned through sport.. THE most important reason is to have fun PLAYING sports. Sometimes we forget it is a game and games are PLAYED. The window to play is small and each young athlete deserves a shot at attaining these traits and have a ton of fun playing sports.

Combining the hunger for increasing positive athletic experiences with the belief that hitters desire the ability to learn what they need to create a swing that helps maximize their hitting ability ...those two elements steers my mission. This is the the Reason Krush Athletics is and is important.

I often tell anyone that will listen that one of my dreams is to pull up to a Little League field in Oklahoma, a fast pitch softball field in Minnesota, an American Legion field in Montana or a College field in Anytown USA and **see each and every hitter display a skill level that is truly impressive.**

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## 21st September 2015 Coaches... stop hoarding your young athletes Please!!

I was at a youth baseball tournament in late March 2009 in Scottsdale Arizona. My good friends threw together a team of kids from Montana and Idaho and entered the tournament. Excellent vacation idea: sun, palm trees and green grass everywhere! On a secondary note, the kids got to play somebaseball in the 12U division. Winner, winner!!!

Everyone was loving it...players, parents and coaches. Their first couple games were competetive playing a Colorado and an average Arizona team. Spirits were high as the climate and diamond were the focus of a beautiful trip. Getting some some swing instruction in local batting cages, doing batting drills in the warm Arizona sun... these kids and coaches were loving it!

The next morning, the northerners squared off against a southern California team. They looked slick in their pregame routine and the boys knew it was going to be a challenge. They were wrong... in the second inning the Socal ball club dropped 13 on a talented but raw team form a cold weather area.From there, it just got worse. The kids from the Golden state were playing nice and seemed to not be showboaters and were good sports.

I wandered over to one of the parents from California to compliment them on their team. Little did I know that conversation would change my perspective on youth baseball... and other sports as well.

The polite and slightly sarcastic lady replied, "We better be good, we play about 200 games a year."

After I got done choking on my diet coke(They are horrible for you btw), I asked her to repeat that again. She just looked at me and held up a 2 and 2 zeros shaking her head like I heard her the first time.

SHOCK crept from my brain to my stomach as I asked how many of those 11 year olds play other sports...she made a zero sign with her hand and went on to explain the coach doesn't allow it.

It took me a while to come to grips with the 200 games in one year for 11 year olds. I started doing a little math about innings pitched, innings caught and any other number that might make me ill.

But the number that i despised the most?...ZERO.

Zero football games. Zero basketball games. Zero hockey games. Zero soccer games. Zero (fill in the blank) games or matches or whatever. SERIOUSLY?

The first thing I thought was how many opportunities were lost for those kids. Opportunities like meeting new friends...important? Heck yes!!! Lost opportunities to become more athletic, missing chances to challenge themselves in other arenas in the sports world. MISSING OUT ON CHANCES TO LEARN MANY, MANY THINGS ABOUT

THEMSELVES.

I despise talking about myself but I have had a few experiences that helped transform who I am as a person, a coach and back then, an athlete. Sport is one of the few platforms we still have to help instill character traits and each sport emphasizes different ones.

When I entered high school, I was a good baseball player and an above average football player because of my athletic skill sets. But what I was until September 13, 1982 was an absolute wimp. I tackled like I was scared. I played a smart, be in the right place at the right time and make a play. I did that well but picture this... I made the tackles but got decleated most of the time. Why? Fear. Fear of getting hurt if I tacked as hard as some of the "psychos" on my team tackled... until that September day.

I was playing safety against Tempe high school who had a back that ended up playing at Northern Arizona University. He was big. He was fast. He was tough. He looked for contact. Several times in the first half I "tackled him" but took the brunt of the blow.

At halftime, something clicked in me and I kind of "got a little crazy". I had a buzz about me(not a concusion), I was sick of getting trucked and wanted to hit someone... THE FEAR WAS GONE!

Early in the second half a sweep came my way, the fullback took out the linebacker and it was me and him with 10 yards between us. He stuck his foot in the ground and sped right at me. To be honest, that was the last thing I remeber until I "woke up" on the bottom of a massive pile of JV football players. Once the pile started to untangle, I could here my teammates going crazy yelling at me. Congratulations was abundant as we walked off the field.

I had stuck my foot in the ground and sped straight at him... the result was a fumble and I knocked him out of the game. And it felt great. I was fine. It didn't hurt, it felt great. I was teased that my eveil twin brother snuck into the uniform that halftime the rest of the season.

What just happened? Many years later, it is very clear. Football created a fight or flight opportunity and I fought like heck! IHAD NO IDEA I HAD THAT IN ME! My life literally changed right there. From then on, I was fearless on the fields of play.

Later in my baseball career, I became a catcher worthy of a draft pick by the Oakland Athletics and a division 1 catcher.

COACHES, PLEASE LISTEN TO THIS STATEMENT.

I would have never achieved what I achieved in baseball if it weren't for playing football.

[<http://3.bp.blogspot.com/-2HF275qx1yE/VgBQFHkMHEI/AAAAAAAAEsg/Y0d3CJlcJy8/s1600/nimmo%2Bws.jpg>]

Brandon Nimmo, New York Mets [<http://www.krushathletics.com/>]

Baseball, Football, Track [<http://www.krushathletics.com/>]

That is my story but every young athlete can have a life changing opportunity when we let them fly. Let the kids PLAY and play every sport, explore the arts, etc.

NEWSFLASH... it is NOT ABOUT YOU! It is about them! Winning does matter but in order to get the best, most complete athlete and person, the kids have to have variety.

Stop hoarding your athletes and literally robbing them of opportunities to grow as athletes and people! In my opinion, it is a selfish crime that isn't punishable by law but how can any youth coach sleep at night if they confine their athletes to one sport?

This is reality... if you do not let your kids play other sports, YOU are responsible for every opportunity lost for each of your athletes. Wrap your brain around that.

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