

## Wrist Cocking for Hitting Copyright Robert D. Pace 7/9/2020

The purpose of this document is to define wrist cocking for hitting. Pitching Hitting and Throwing are very much related. When we throw either the sweet spot on the bat to a pitched ball or a ball to a batter, we should cock our wrist. This document will define why we cock our wrist both ways for hitting in both fastpitch and baseball.

### Interesting Points

The closer the pitcher is to the batter, the more the batter has to hit the ball outside the strike-zone. Also, when hitting the ball outside the strike-zone (either before it gets there or out of the catcher's mitt) we are hitting on the side of the ball and not on the back of the ball. In other words, we are hitting against the spin. When we hit against the spin, the ball jumps off the bat. Think pool. We will use the two types of wrist cocking to hit against the spin outside the strike zone.

### Starting Point

We all learned wrist cocking without thinking about it. Now to apply it to hitting, we must think about it. We have to think about it because we all learned to hit the back of the ball over the plate. We did not throw the bat, we put our back elbow up high in the air, and tried to meet the back of the ball over the plate with a level swing. So, we swung the bat around the corner to the plate. With wrist cocking, we are going to learn to throw the bat in line with the ball with a gravity assist. Before we commit the swing, we will be throwing the butt end of the bat and then committing the swing when the turn or twist moves in the opposite direction to the butt end of the bat. Wrist cocking allows this to happen, all in a straight line, eyes, ball, butt end and sweet spot. All the power comes from the lower body. The commitment to the swing comes from the lower body. Until that point the bat hasn't moved off the shoulder. Even when you swing it seldom goes over the plate.

### Practice

The best way to learn to throw the bat is to get about seven balls and a bat and go to a field by yourself and just throw the ball up and hit it using both wrist cock positions. You will discover one way will work inside out for hitting the ball close to the body, inside of the ball; and the other way will work outside in for hitting the ball away from the body, outside of the ball. But they both will put your eyes, sweet spot, and ball path directly in line with the ball. That is because your footwork going away from the butt end of the bat will put your head moving towards the ball. Just like when we practice throwing, practice hitting using both twisting positions and all four turning positions, moving up or down with the pitch and from both wrist cock positions. In other words, throw the bat on offense like you throw the ball on defense. Use the twisting swings to hit the ball either foul or right down the line. Use the front foot turning swings at the infielders on the side of the ball to go by the infielders. Use the back foot turning swings at the infielders on the side. Try both wrist cock positions for each.

### Summary, Wrist Cocking for Hitting

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