

Short Powerful Swing Simply Defined

The purpose of this document is to define a short powerful baseball or fastpitch batting swing. It is simply a swing that hits the ball hard on the inside or outside of the ball. The ball has sides because it is coming at you, inside and outside in relation to you. Bat commitment is the bat movement associated with a wrist-break. If the wrists do not break, the bat does not move over the plate. Because a short swing has a short bat commitment, the more we hit on the side of the ball the shorter the swing. Plus, with a short swing there can be a lot of bat movement without bat commitment. It is like a whip, like throwing the sweet spot at the ball. The power from the big muscles that generates bat speed will mostly come from the bat movement before commitment. In other words, when hitting on the side of the ball, we can begin to throw the bat at the ball without committing the swing by releasing the wrists. A short powerful swing is like throwing the sweet spot of the bat at the contact point. It begins by throwing the butt end of the bat at that point, and ends by allowing the wrists to break when the bat begins to twirl. Hitting on the side of the ball forces us to throw the bat at the ball, using this short powerful swing.

Hitting on the side of the ball forces a short powerful swing

Power comes from the big muscles on the inside out to the small muscles on the outside. It comes inside out, from the big bones to the small bones. Hitting on the side of the ball is quicker and more powerful because the power extends out from the big muscles and bones in a shorter straight line to the contact point. In contrast, the other type of swing goes around a corner, where both the arms and wrists make the bat travel in a longer round arc to the back side of the ball. With that longer arcing swing it is impossible to hit on the inside or outside of the ball.

Practice this Short Powerful Stroke by Yourself

Like a coach hitting an infield or outfield drill, practice hitting balls through the infield holes and into the outfield gaps. The fielders let you know where the holes are, over the infielders or at the outfielders. In this drill, the infield holes are “at” the imaginary outfielders, and the outfield gaps are “over” the imaginary infielders. The idea is to hit balls to exact points from your batting stance at the plate. After you run out of balls, go to the outfield and hit them back to the plate. Learn how to hit the ball to the same point from both sides of the ball. With this drill we learn to hit the ball to a point with a short swing, learn to hit the ball with power to all the holes on the field, and then finally to learn to hit against the spin (more on that later).

Summary: Short Powerful Swing Simply Defined

A short powerful baseball or fastpitch batting swing is simply a swing that hits the ball hard on the inside or outside of the ball.