



The Hitting Edge

By Tom Robson, John Olerud

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, The Hitting Edge, Tom Robson, John Olerud, Hitting a hard-thrown baseball is one of the most difficult skills in sports. "The Hitting Edge" simplifies the task by focusing on key features common in every successful hitter's swing: dynamic balance, sequential rotation, axis of rotation, and bat lag. Author Tom Robson identified these hitting "absolutes" through extensive video analysis and research and his on-field role as a major league hitting coach. He confirmed the importance of the four factors by studying the best hitters of the modern era, such as Sammy Sosa and Mark McGwire, and working with top batters like Rafael Palmeiro and John Olerud. And a hitter doesn't need to be an all-star to benefit from Robson's instruction, because it applies across all levels of competition and allows for all types of individual swing styles. Robson also recognizes that batters aren't robots, and human factors sometimes interfere with hitting mechanics. So he also teaches how to develop better focus and a more positive attitude at the plate. But it takes more than the right stroke to develop consistent contact and power. Focus. Split-second timing. An eye for the perfect pitch. Great hitting...

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