

5 WAYS TO
INCREASE HOME
RUN POWER

FOR LITTLE LEAGUERS



INTRODUCTION

Help Your Little Leaguer to Hit More Home Runs Today

Every Little Leaguer wants to hit a home run. It's such an exciting thing. Yet many kids struggle to take a correct swing, and to swing with enough power.

I've been there myself. When I was playing baseball in college and trying to get to the next level, I did a lot of training (especially strength training), but it didn't translate into more home runs for me.

I did a lot of research to see where I'd gone wrong. I discovered that there are a few key things that anyone can do to increase their chances of hitting a home run.

In this brief resource, I'll share my top 5 tips for home run power so that you can help your Little Leaguer to bat with confidence, and hit the ball farther and faster!

Chad Hansen
Founder, Playball Technology Corporation

5 WAYS

To Increase Home Run Power

1. Swing the right warm-up weight (also known as a **baseball doughnut** or **on-deck weight**).

You've probably seen professional players putting heavy doughnut-shaped weights on their bats right before they go up to bat. Even though the pros do it, this actually isn't the best way to prepare for your swing. It's best to swing with a weight that is no more than 20% of the total weight of the bat. Coop DeRenne, a physical-education professor at the University of Hawaii, has done studies showing that heavier weights can actually alter the natural way you swing and decrease your bat speed.

2. Do bat-speed training with the weight

Once you've got an appropriate weight, you want to actually do bat speed training exercises with it. This means that you take batting practice with your hitting weight in a variety of places along the bat, and do a different sequence of swings each week. You can also vary your bat type, using the weight with aluminum as well as wood bats.

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3. Do explosive training exercises, not weight lifting.

Kids really shouldn't be lifting weights anyway, but there are other ways of gaining strength that will translate into a faster swing. Kids can do medicine ball throws, sprints, push-ups, and sit-ups to train the "fast-twitch" muscles that will allow them to become more powerful hitters.

4. Find the right hitting instructor.

Hitting instruction during the off-season is a great way to help your child to refine his or her swing. However, it's important to find an instructor who can be fun, encouraging, and communicate the process in a way that your child can understand. The best players are not always the best teachers. You want your child's hitting instructor to be someone who will get familiar with the way he or she swings, and refine it rather than completely changing it.

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5. Remember your ABCs (Always Be Concentrating).

Being a good hitter demands consistent concentration, and always remembering what you've been trained to do - even when something goes wrong. You can help your child by encouraging him or her to stay focused while batting and to keep trying even when they miss. Remember, baseball is a game of failure. If the pros fail 7 out of 10 times, they're in the Hall of Fame!

Conclusion

Any one of these five action steps will help your child to become a better hitter. With all five, they'll be unstoppable!

LEARN MORE

Check out playballweb.com for more tips and tools to help your child to become a better hitter.