

Batting Tip #7 - The Grip

Many young players think it is best to grip the bat tightly. They really squeeze the life out of it, which causes tension in their muscles. To be a successful hitter you must be relaxed at the plate. If you are tense your reflexes tend to be slower and your range of motion is limited. The bat should be gripped loosely in the fingers with the knuckles that you use to knock on a door aligned. Gripping the bat in this manner unlocks the wrists, creating greater bat speed.

It seems as though young players think that by gripping the bat tightly they may eliminate some of the sting that can occur when a ball is hit or that they will be less likely to lose control of the bat. The fact is that the fingers and hands will tighten up automatically as the bat is swung.

Remember; grip the bat loosely in the fingers and line up the "door knocking knuckles."

By Cal Ripken Jr.