

Batting Tip #10 - Cal on Choosing a Bat

Like many aspects of baseball, what size or type of bat to use is up to the individual. As players get older and develop more strength, some find that they prefer a longer, heavier bat. Other players, such as Alex Rodriguez, prefer lighter bats. For youth players the most important considerations are plate coverage and control:

- Does the bat allow the player, when in his or her normal stance, to make contact with balls on the outside part of the plate? If not, either the player's stance needs to be adjusted or a longer bat should be considered.
- Can the player swing that bat hard and maintain his or her balance?
- If the "bat swings the player," causing the player to stumble or even fall over after a swing, then a lighter bat should be used.

Batting Tip #10a - Re: Cal on Choosing a Bat

Q. I heard that if you hold a bat straight out from your side with your palm facing down and can hold it without shaking the bat weight is alright. If the weight of the bat causes your arm to lower or struggle the bat is too heavy. Is that true?

A. That may or may not be true. For older, stronger players that probably is a good way to determine how much bat control a player has. For younger, smaller players, virtually any bat might make their arms shake. Again, make sure they can swing the bat hard and maintain their balance.

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