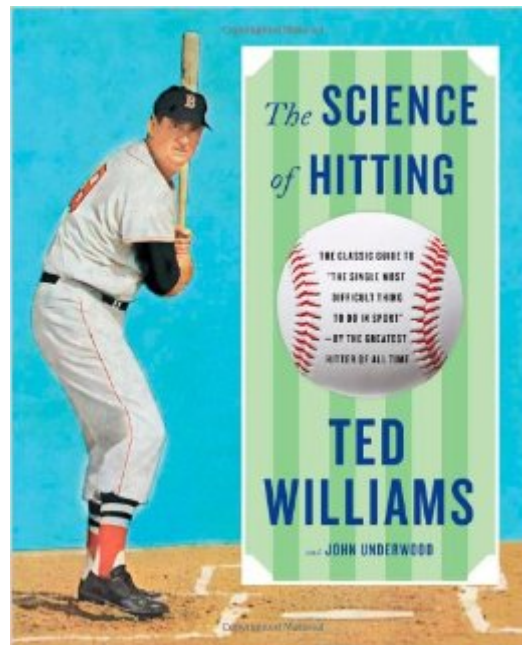


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# The Science Of Hitting



## Synopsis

Now fully revised with new illustrations and diagrams, the classic "and still the greatest" book on hitting from the last baseball player to break the magic .400 barrier, Ted Williams. Ted Williams was arguably the greatest pure hitter who ever lived. A lifelong student of hitting, he sought advice from every great hitter "and pitcher" he met. Drawing on that advice, as well as his own legendary life in baseball, Williams produced the all-time batting classic, *The Science of Hitting*. Using its detailed illustrations, anecdotes, and concise coaching, players of all skill levels will learn how to improve their fundamentals and gain keen insights into the finer points of hitting, including: -How to Think Like a Pitcher and Guess the Pitch -The Three Cardinal Rules for Developing a Smooth Line-Driving Swing -The Secrets of Hip and Wrist Action -Pitch Selection -Bunting -Hitting the Opposite Way *The Science of Hitting* is a must-read for all baseball players looking to improve their turn at bat and for all coaches and parents teaching the sport.

## Book Information

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Average Customer Review: 4.7 out of 5 stars See all reviews (207 customer reviews)

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## Customer Reviews

This book is "must-have" reading for any aspiring slugger or student of the game of baseball. Be aware, however, that the book's value does not lie in the specifics of technical hitting instruction. This is much more hitting "theory" as relayed by Ted Williams from his years of experience. There is little, if any, practical detailed instruction on developing mechanics for swinging the bat. On one hand, the book is absolute gospel; I don't think anything in it could be seriously disputed, and to do so is to question the genius of a man whom baseball history shows to be one of the greatest hitters (and philosophers of hitting) that has ever lived. On the other hand, for Ted Williams to offer his

personal philosophy and methods for hitting is similar to Tiger Woods trying to teach someone how he hits a golf ball. It might be great information for the rare few that can in some way duplicate Ted's or Tiger's physical abilities, but for a vast majority of players (especially very young players) who lack power, 20/10 eyesight, and one-in-a-million type hand/eye coordination, this book will (at best) offer little to improve their performance and (at worst) may actually lead to swing techniques that make the game more difficult. For anyone who has spent any time studying the instruction of mechanics for the baseball swing, you already know that the methods of hitting fall into two primary camps. These methods can be differentiated by their beliefs on what is the "proper" swing plane (i.e., what path the bat takes in route to intercepting the pitched ball.

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