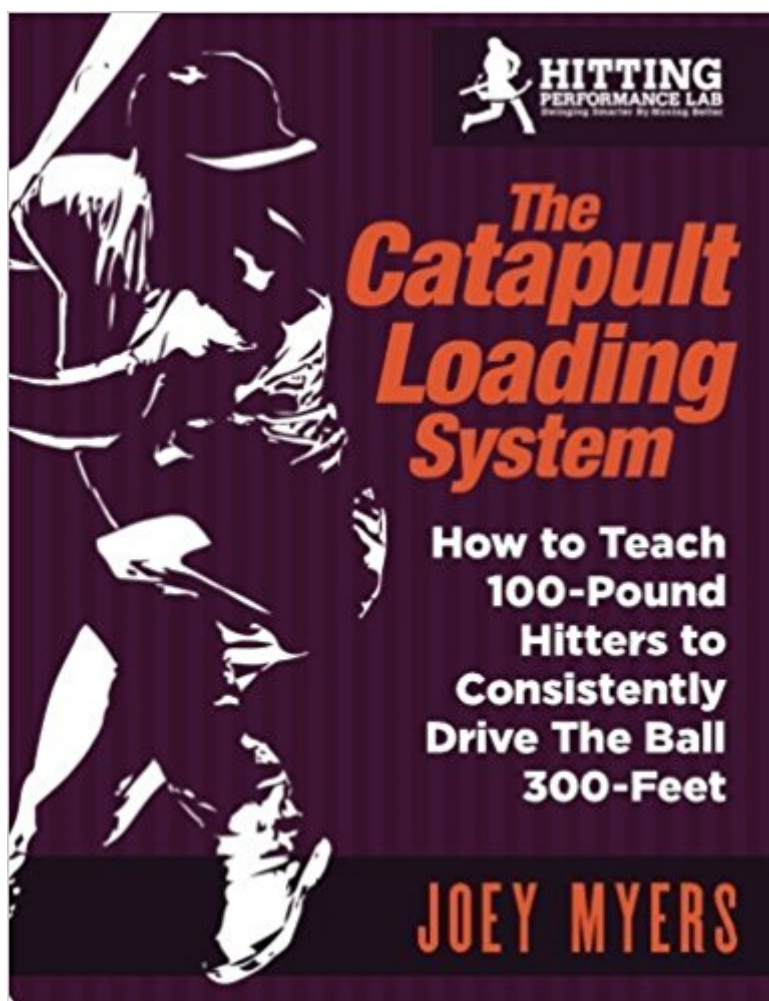




The book was found

Catapult Loading System: How To Teach 100-Pound Hitters To Consistently Drive The Ball 300-Feet



Synopsis

"My son is 12 and I have used some of the teaching of the Hitting Performance Lab are posting on here and my son hit the ball over 280 feet several times already in the game, not just practices, and also hit the fence on the fly on 300 feet field, so what this guy is teaching works, a least for my son...He weighs about 110 now but ,what I have noticed is how consistent his power has become thank you so much for your help, I played 10 years of professional baseball, and I wish I could of used some of this advice." - Sandy Arcena

This book is where Bill Nye the Science Guy meets Babe Ruth. Joey Myers uses human movement principles that are validated by science, to hitting a ball. With this system, Joey and literally hundreds of coaches across the nation are helping baseball and fast pitch hitters, to consistently triple their body-weight in batted ball distance. This Step-by-Step guide shows hitting coaches: -- Why hitting philosophy fails and principles that are validated by science succeed -- Why you shouldn't make video analysis FIRST priority when modeling elite hitters -- What 30+ year coaching experience and pro players won't tell you, and how the information source you focus on can dramatically cut down your learning curve -- How to become a hitting expert when you've never played higher than Little League -- There's a BIG advantage to learning how the body actually loads (and it's not what you're thinking) -- A simple method that helped Babe Ruth to consistently crush the ball with some of the heaviest bats ever used -- SPECIFIC elite hitters revealing ways to hit high Ball Exit Speeds, swing after swing, using three elements even a 4yo can understand -- At last, the secret to transitioning grooved batting practice swings into game at-bats is revealed

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Customer Reviews

My Name is Joey Myers, and I'm the founder of the Hitting Performance Lab. I've played 4 years of Division-1 baseball at Fresno State from 2000-2003. I'm a member of the American Baseball Coaches Association (ABCA), the International Youth and Conditioning Association (IYCA), and the Society for American Baseball Research (SABR). I'm also partnered with the Positive Coaching Alliance (PCA). I'm a certified Youth Fitness Specialist (YFS) through the International Youth Conditioning Association (IYCA), Corrective Exercise Specialist (CES) through the National Academy of Sports Medicine (NASM), and Vinyasa yoga instructor. AND, I'm also certified in the Functional Muscle Screen (FMS). I've spent 11+ years in the corrective fitness field, and have a passionate curiosity to help other players just like yours dramatically improve performance through the science of human movement.

Clear, concise and extremely practical. Alternative title could have been the "Science of Hitting for Dummies". Joey's evidence based insights take the mystery out of productive hitting and packages it in a manner where as a coach I believe I can transfer it to the players on my 12u travel team. Prior to the publishing of this book, I had to piecemeal these lessons from Joey's videos, I started implementing things like "showing numbers", hiding hands", and "forward momentum" in late July 2016 with my team, we saw dramatic team hitting in improvement from August-Sept and went 9-1 during that period of time. My co-coaches and I only wish we started implementing the catapult methods early in the season.

I have three little boys who play Little League. The oldest (who is 10) started playing two years ago. I love baseball but my playing experience is limited. Around the time my oldest took interest in the game I started taking him to the local training facility for lessons. I noticed recently that the facility owner changed up the way he was teaching his Hitting Camps. He mentioned that he is now following the information in this book and suggested I read it. Well, after reading the book (and getting on the same page as the coach) it all makes sense. I can see a pretty big difference in power coming from my boys since following the training in this book. Easy read and the examples are great!

I'm giving this book five stars because it has some absolute gems and takeaways. It does seem to be a re-packaging of his blog posts and, as usually happens when people publish their blog posts in a book, it lacks clarity and consistency at several points. That being said, it put into words and

illustrations in one book some lessons that could take years to figure out or get a feel for on your own. Dig through it and find the pieces that will make you a better hitter.

Some good info to make a power hitter. I coach 14u softball this year and we applied most of the stuff in the book and saw a 10 mph increase in batted ball speed on average for each of my 12 girls.

Somewhat limited information about his hitting process. It seems to be a way for him to sell his program. I'm not saying it wasn't a good read, but it is the gateway to get more money from you.

Joey does a phenomenal job of tying actual human movement to the elite baseball swing. No one in the baseball community is talking about this but after following Joey for about a year and reading this book I can attest this is all valid and works. I have a 7 year old who switch hits and has a peak exit velocity of 61-63 mph. According to Zepp a boy that age should be 35mph tops! If you want to help your child develop into a top hitter this is a must read

Incorporated most of what Joey Myers advocates for in 3 of my kids' swing. They're driving the ball now. No more soft grounders to second base.

Slow developing, but good information about efficiency of movement.

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