



John Mallee Swing Analysis

Name: Jake Vernon

Stance:
 Simple solid set-up. Make sure bat is in fingertips.

Mechanical Issues:
 Has toe tap lower half load. Weight is over back side not against. This move creates excessive head movement back and out of balance. Stride foot lands on outside of foot causing hips to open pre-maturely. Hands move back good to launch but bat is pointed to ground when in launch position. Swing starts from the ground up good but bat path is around ball and not inside ball.

Solutions:
 Keep lower half load small with weight going against back leg and not over. Focus on striding to inside ball of stride foot with stride foot knee inside foot. This will help keep hips closed and get you into strong athletic hitting position. Work on keeping barrel above hands when moving hands back during stride separation phase. The tip of the bat should be over the top of your head when your stride foot is planted. Focus on bat path working forward and down with hands inside the ball.

- Drills:**
1. Early stride-separation. Focus on each point described in the solutions section
 2. Inside tee drill. This will help you keep hands inside ball (absolute #5)

Purchase Drills Here



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6 Absolutes
 of a professional hitter

1. GO BACK TO GO FORWARD
2. STRIDE AND SEPARATION
3. MAINTAIN CENTER OF AXIS
4. SWING STARTS FROM GROUND UP
5. STRAIGHT LINE TO/THROUGH BALL
6. MAINTAIN BALANCE



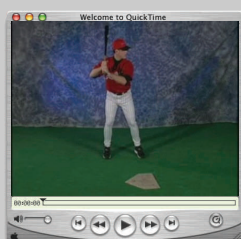
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