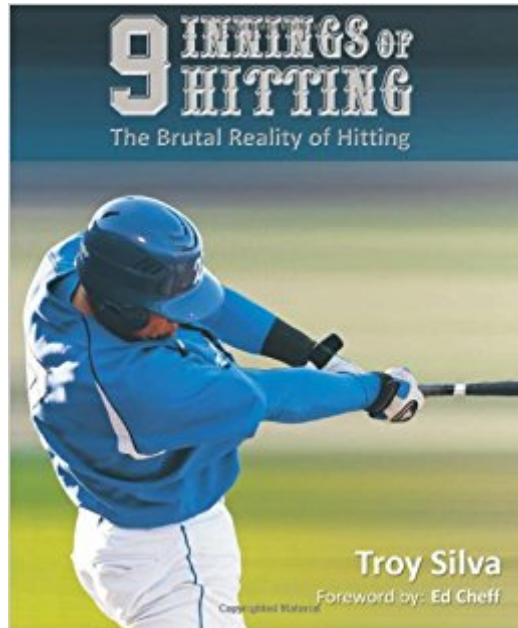




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9 Innings Of Hitting



Synopsis

From swing mechanics to the hitter's mental approach, 9 Innings of Hitting is one of the most in-depth resources ever written to help baseball and fast-pitch softball players improve as hitters. Troy Silva of Rijo Athletics explains what players and coaches really need to know about hitting, and exposes the common myths and misconceptions taught by coaches today including irrelevant principles that actually hinder on-field performance. Tailored to hitters who aspire to play at a higher level, 9 Innings of Hitting offers specific insights about proper swing mechanics, how to improve bat speed, pitch recognition, developing the right plan and approach, slow-motion video analysis, sport-specific strength training, and how to put Troy's concepts to work in training, BP, and games. Coaches, players, and parents desperately need this information so they completely understand what it takes for players to perform to their full capability. Learn the fundamental hitting principles that Troy has used to help thousands of baseball and softball players unlock their true potential!

Book Information

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Customer Reviews

This book is a must read for anybody who is involved with the sport of baseball. Not only does the book talk about the mechanical part of a baseball swing (which is mainly the only part talked about by most coaches) but also he talks about he mentality. Everyone says that baseball is 80 percent mental and 20 percent physical, so why do most instruction focus on the measly 20 percent. This is why Troy Silva is not like most coaches. Through Troy's words you can really see his passion, or his calling, and that is to help out others. The reason why this book is so hard to stop reading is because any person will realize after the first 20 pages that this book was not wrote for the money

or the glory but rather to better people in Americans greatest game of baseball. Excellent work on this book!!!!

This book has some great technical stuff about hitting a baseball. Most importantly, it is filled with a common sense approach to a game that is often over-coached. If you want to learn about hitting in a practical physical and mental approach this is the book for you

Absolute must-read for any hitting coach. Most coaches can see problems with hitter's swings. Troy explains WHY those problems are occurring and what you can do to fix them.

My son has trained with Troy for 2 years now and the little things about hitting Troy has taught him pay off in big ways every time he steps to the plate. Pitch selection is one of the big ones you will gain so much from this book.

Love this book. I got to learn first hand how to hit from this great coach that wrote this book. It's a great read for someone that is looking too strengthen there hitting in all areas.

Good for all ages. Good for coaches like myself w/o a lot of experience

This guy is the best. Son plays D1 ball and loves this guys tweets so we also bought the book. Highly recommended

Good Read

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