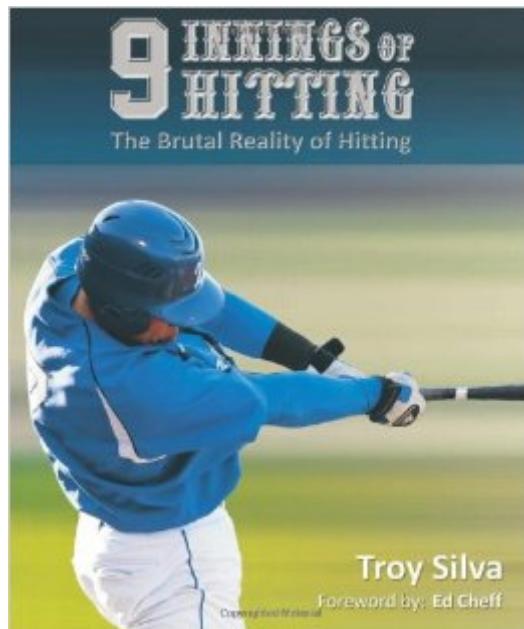


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# 9 Innings Of Hitting



## **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!!!!

Being from the UK we don't have access to the same level of baseball facilities and coaches as the US so I'm always after any information I can get my hands on. After reading this I can say this is likely to be the only book on hitting I will need. There is so much contradicting information about the subject on the internet that it is nice to read something that dispels all the myths and clarifies the ultimate goal; swinging on time and on plane with the ball. The author explains that to reach this goal it takes more than just a nice looking swing. Having only played baseball for 18 months I thought '9 innings' may have been overly complex but to my surprise this was very easy to read and understand with terminology explained and reiterated in the videos at the end of each chapter. This book is a must for coaches and players who want to get better on-field results. I was a little surprised when I read certain criticisms about this book(I appreciate people are entitled to their opinion). One was about a forward where the author makes reference to how he is thankful for his faith. If you cannot tolerate 2 pages of this to get to 450+ pages of hitting gold you have greater problems in your life than baseball. Another was the use of jargon... all the terms are explained in text and video, sounds like lazy learner to me. Another was about the light use of humour suggesting the author is insecure. In the book he talks about regrets he has about his time as a young player eg not focusing wholeheartedly on the fitness side and implores the reader not to make the same mistake. This shows honesty and humility to me not insecurity. Anyway for the price this offers amazing value!

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.

There are a ton of books on hitting but very few are spot on like this one. Coach Silva focuses less on all the mechanical mumbo jumbo that just confuses batters and keeps that part simple. His emphasis on the mental part of hitting, pre batting prep, having a plan at the plate has made a huge impact on our hitters. The videos within each chapter to view are a nice touch. Highly recommend.

Incredible book for a guy like me who is new to coaching young players the fundamentals of hitting. Take notes as you read because Coach Silva breaks down what to teach in a sequence of steps.

Biggest take away for me was to not teach a robotic swing. Not every boy needs to swing like Mike Trout to have success! As I continue my youth baseball coaching career, chapters on situational hitting will benefit my players. A huge benefit are the YouTube videos that he has linked at the end of every chapter which give visual evidence to the content of the chapter. Coach Silva comes across as knowledgeable and an expert voice in baseball instruction. I even received a response from him on Twitter regarding a question I had. I only wish I lived closer so he could personally instruct my son; however, the book will have to do, and I definitely recommend it as a worthwhile purchase!!!

He pretty much sums up why his job as an instructor of hitting has caused a lot of problems but gives a great view on how to try to stay away from it. I found myself trying to disagree with some things but he's spot on with 95% of what he says. I should say I agree with him 95%. Everyone has a different way of teaching just like everyone has a different way of hitting and the only part I didn't like was I felt like he was trying to do to coaches what he says not to do to his hitters. Either way this is a great book. It's going to give you ideas and terminology that will help getting through to players.

Troy's power hitting lessons and book are the real keys to performing at the highest levels. My daughter went from a singles hitter to the highest percentage slugger on every team she played. This is THE essential book for every ball players training.

This book covers what it takes to develop (into) a great hitter. Coach Silva has abstracted the art of hitting into the most important aspects and presented them in a very accessible manner. Some of the concepts in this book are under-emphasized or even neglected by other hitting coaches. My son is already reading through and working on the techniques and concepts in this book with enthusiasm.

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