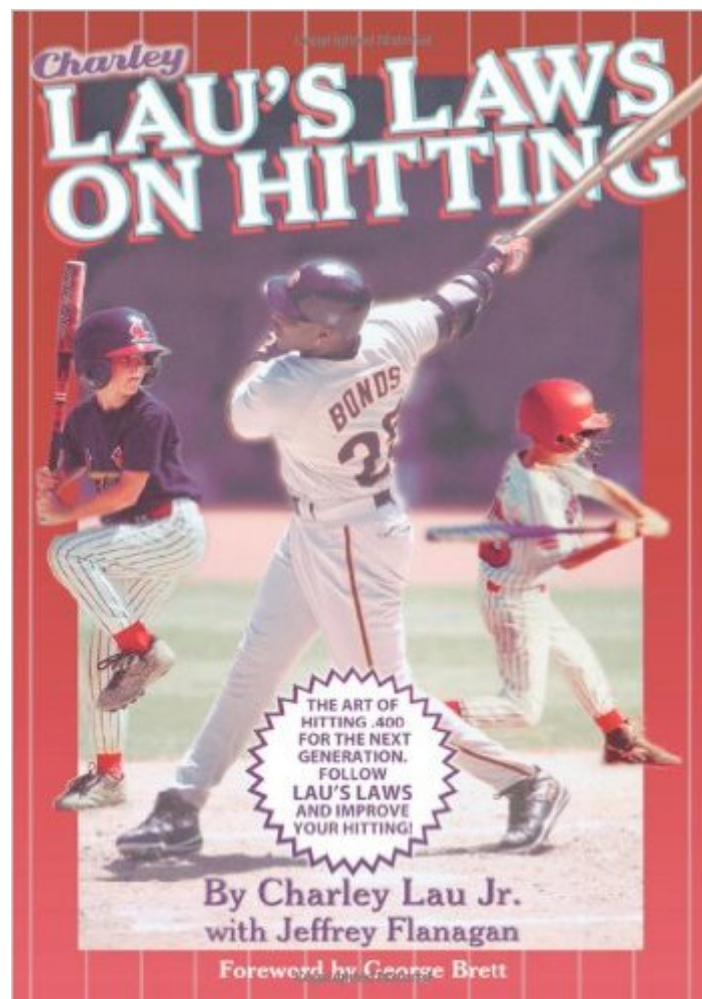


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# Lau's Laws On Hitting: The Art Of Hitting .400 For The Next Generation; Follow Lau's Laws And Improve Your Hitting!



## Synopsis

Baseball is back! And the focus of many fans is almost always on hitting. All of which makes it a great time for Lau's Laws on Hitting. The Art of Hitting .300 (Dutton) by Charley Lau and Alfred Glossbrenner was published in 1980. It is still in print and, as of early 1999, has sold over 85,000 copies. Lau's Laws on Hitting will both build on that success and pick up where the earlier title left off. Written by a man who is not only the son of the most famous batting coach of all time, but who is also a professional hitting instructor with an impressive track record of his own, this book incorporates two decades of new information, observations, teaching techniques, player analysis, and refinements to the Lau System. And, in response to numerous reader requests, it includes sections specifically designed to help coaches at all levels teach the Lau System most effectively.

## Book Information

Paperback: 222 pages

Publisher: Taylor Trade Publishing (May 1, 2000)

Language: English

ISBN-10: 1886110956

ISBN-13: 978-1886110953

Product Dimensions: 7.3 x 0.6 x 10.1 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (39 customer reviews)

Best Sellers Rank: #228,991 in Books (See Top 100 in Books) #50 in Â Books > Sports & Outdoors > Coaching > Baseball #418 in Â Books > Sports & Outdoors > Baseball

## Customer Reviews

A few years ago my son was about to start his first season of T-Ball and I found myself in a conversation about hitting with Dan Evans, a former General Manager of the Los Angeles Dodgers. Then, a year or so later I found myself confirming the information Dan & I had discussed in a subsequent conversation with Kevin Malone, who succeeded Dan as the Dodgers General Manager. Dan recommended to me these three books to read in order: 1. Charlie Lau Jr's "Lau's Laws on Hitting" 2. Charlie Lau Sr's "The Art of Hitting .300" 3. Ted Williams "The Science of Hitting". If you are a parent or coach who is serious about teaching his/her child or players how to hit you **\*MUST\*** read these books. The first book in the sequence is Charlie Jr's book "Lau's Laws on Hitting". It explains the mechanics of the lead arm extension hitting technique his father created in a very clear and easy to follow way. If this is the only book on hitting you read there is no doubt you

will be able to provide your child/player with a solid foundation from which they will experience great success. Once you know what to look for it's easy to identify a swing based on the Lau technique - the same technique that is currently used by over 70% of all major leaguers today. This technique teaches how to create the most efficient & powerful swing a batter can create and then to control the release of that power into the point of contact... in other words, how to hit the \$\*#^ out of the ball.

First, if you don't have a good understanding of hitting a baseball already, a lot of the material in this book is likely to confuse you or may even be misinterpreted. If you have a good understanding already, you will find yourself several times while reading the book saying to yourself "yeah, he's right. That IS what you do. I just never thought of it that way." The author's father was a famous MLB hitting instructor in the 70's and 80's and became known as the leading proponent of Linear/Extensional hitting mechanics (as opposed to Rotational mechanics). The author is very clear in explaining that a baseball swing is a Linear movement until the hitter transfers his weight into his front heel, then it becomes a fully Rotational movement with the arms reaching full Extension after impact with the ball. And in my opinion the author is spot-on in that simple description of how a swing is performed. He explains how good hitters make a similar linear move on every pitch, but by changing the timing of the shifting of their weight into their front heel they are able to change when the rotational part of the swing starts and therefore adjust their swing to different pitch locations and speeds. The author lists several "laws" that he has confirmed by video analysis that every (or almost every) MLB hitter uses when hitting. The author goes through the different techniques/styles that hitters use to follow those "laws" and the advantages/disadvantages of these techniques and styles, and he gives real MLB examples (dated examples, however--see Barry Bonds on the cover). I found the drills he gives to be less valuable, partially because they are being demonstrated in a few pictures with a brief word description.

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