

BAT SELECTION CONSIDERATIONS

- *A short, compact swing allows the most time to react to the pitch.*
- *A light bat can be swung faster, and with more control to make ball contact, facilitating the short, compact swing better than a heavy bat.*
- *A heavy bat will provide more momentum to drive through the ball.*
- *A heavier bat, swung at the same speed as a lighter bat, will hit the ball harder and farther.*
- *Select the heaviest bat swung at, or near, the same speed as the lightest bat.*

SELECTION PROCESS

- *Swing multiple candidate bats ten times each and record each swing.*
- *Alternate bats to eliminate physical biases. That is, swing bat A once, then bat B, then bat C, then bat D; swing D again, then C, then B, then A. Repeat until 10 swings of each have been recorded. Average the speed for each bat.*
- *Select the heaviest bat that can be swung at, or near, the fastest average speed.*
- *Additional considerations include: bat length, barrel size, shape, taper, sweet zone, and “feel” to the batter. The batter must be comfortable with the bat!*

