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!

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