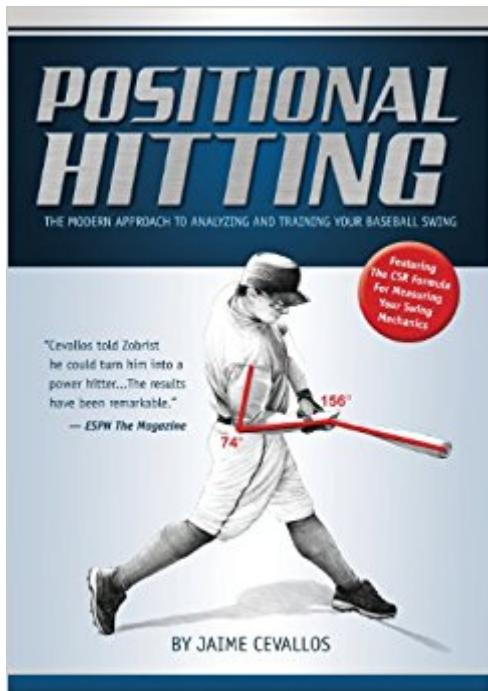


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# Positional Hitting: The Modern Approach To Analyzing And Training Your Baseball Swing



## Synopsis

"Ted Williams once famously remarked, 'Hitting a baseball is the hardest thing to do in sports'... Jaime Cevallos has made it his life's mission to conquer the unconquerable." - Fort Worth Star-Telegram Discover the hitting secret that is changing baseball careers. "Positional Hitting" offers a few simple steps to hitting with more power and consistency than ever before. The best hitters in the world make it look so easy, and the secret lies in the positions they achieve through the swing. With a camcorder and "Positional Hitting," you can hit like you've always dreamed, in very little time. And be prepared, your teammates will likely ask, "What has gotten into you?" "Positional Hitting" will open your eyes to a whole new world behind the baseball swing. You will learn: - How Jaime first discovered Positional Hitting in college and went from a .488 OPS to .989 in one year and earned an athletic scholarship, just by changing his swing positions - How amateurs and professionals are achieving eye-popping results using the Positional Hitting method - The hitting myths and misconceptions that are currently holding you back from hitting your best - How the positions you achieve through the swing directly correlate to your results on the field - How to analyze your swing on video using precise measurements - How to train your swing positions to achieve instant results "As a former Major League player and a youth coach for the past 13 years, I have seen hundreds of techniques and coaching systems. None of them have produced the results as quickly as what I have seen with Positional Hitting. Jaime has figured it out." - Pat Combs, former MLB player, Philadelphia Phillies "To see the difference between before I started working with Jaime in 2007 and the season after working with him in 2008, the numbers speak for themselves." -Drew Sutton, MLB player, Cincinnati Reds "Jaime is changing the way hitters analyze and train their swings - from the little leaguers all the way up to the pros." - Steve Moyer, President, Baseball Info Solutions "Jaime is way ahead of the game with his knowledge of hitting mechanics." - Ben Zobrist, MLB Player, Tampa Bay Rays

## Book Information

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## Customer Reviews

My son is making the transition from Little League to 12U travel ball this fall. For the past year, he has taken traditional linear hitting instruction that focused mainly on his timing - load, weight shift, and swing to contact. Although he made significant improvement, it seems that his progress has plateaued and there is nothing in his linear instruction that will lift him to the next level. I stumbled across Positional Hitting completely by accident. Something about the approach made intuitive sense to me so I thought we would give it a try. I just finished reading the book and we have not implemented anything yet, so I will restrict my review to commenting on the credibility of the author and the quality of the presentation. I'll follow-up later with an update on our actual results. For the following reasons, I find Jaime Cavellos to be a credible resource:- His approach is based on exhaustive video analysis of great hitters going back to Ruth ... before weight training, before aluminum bats, before steroids.- His approach yielded tangible and dramatic results for himself (he took his own medicine) and for MLB players.- Although he has developed a training bat (MP30) for the system, neither it nor any other fancy training aids are required. In his Positional Hitting book, he does not even mention the MP30 bat, so you know he's not just trying to hawk a training aid through his book.- Both his website and book are a very "soft sell." He doesn't use a bunch of copy writing gimmicky to lure you in. You can tell he's an evangelist first and a salesman second, if at all. I get the impression he's out to change the baseball world, not make a quick buck, although he will undoubtedly make plenty of those before he's done.

Originally I bought the MP28 training bat as a tool to help my son transition to a heavier bat. The MP28 seemed perfect because it's heavy enough to challenge you, but not so heavy that it would mess up your swing. After a few weeks of training with the MP28, the season started and my son had no problem switching from a -12 bat to the standard BBCOR -3 that his new league required. Soon it became evident that something else was going on. Batting average, on base percentage, and slugging percentage all went up. Ground balls that used to be easy outs often zip past infielders for base hits because they're hit with more authority. Line drives that used to go for singles have carried further for extra bases. Clearly, the MP28 had done more than just help with the transition to a heavier bat. At that point I purchased a copy of Positional Hitting and everything

made sense. The MP28 (or the MP30, for older kids and adults) forces you to alter your swing in such a manner that it increases the odds of solid contact. It also involves recruitment of other muscles in your swing, hence the extra pop in your hits. The book clearly explains how this works and breaks down your swing into different stages, or positions. With understanding of these positions and by doing the drills offered in the book, you'll see significant improvement in your hitting (and I'm talking measurable improvement - this isn't something based on philosophy, it's based on data and results). This book is a fascinating read. Jaime Cevallos correctly points out that in general, pitching coaches are ahead of hitting coaches -- and I believe this is the book that helps hitters catch up to the pitching. Cevallos also has the guts to challenge the conventional thinking of some renowned hitting gurus.

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