

“Choking Up” / Becoming A Better Baseball Player October 21, 2009

The Choke-Up Grip: It Does NOT Increase Bat Speed

A study released in August ([click here for the link](#)):

Escamilla RF. **Effects of bat grip on baseball hitting kinematics.**
J Appl Biomech 2009;25(3):203-9

Found that having a choke up grip DOES NOT increase bat speed but rather quickens the entire hitting motion, specifically:

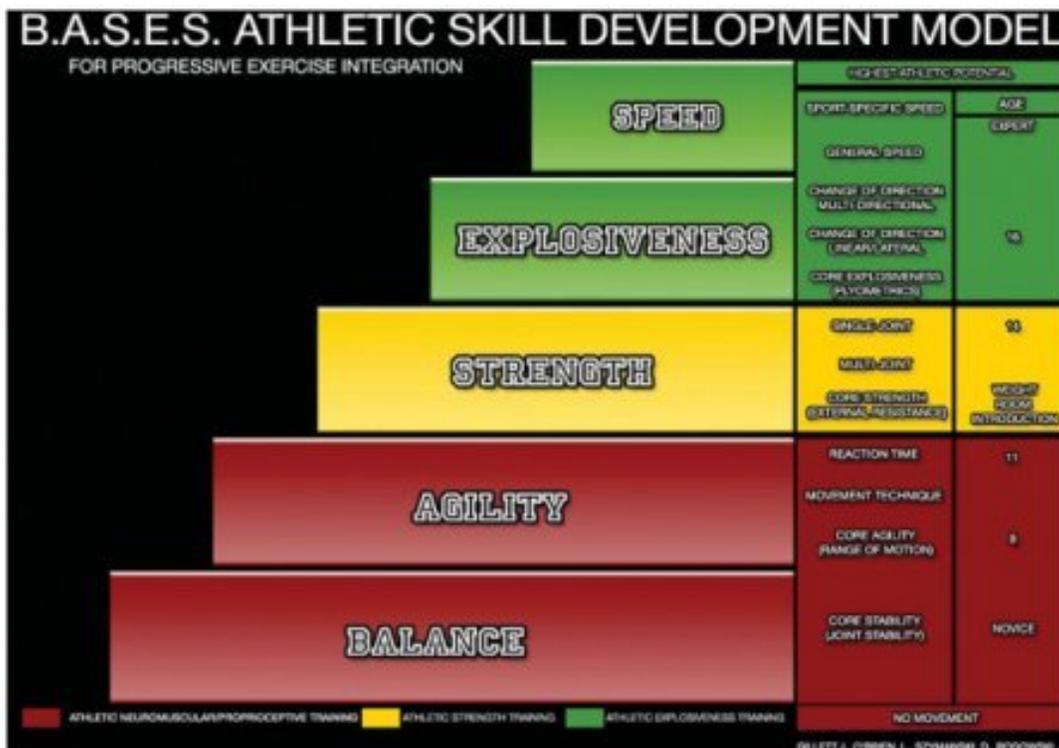
1. Less time during stride phase and swing
2. More open front shoulder at lead foot contact
3. More closed hips at bat-ball contact
4. Less range of motion of trunk and hips during swing
5. More bent elbows at lead foot contact
6. Greater elbow extension velocity during the swing

The EASIEST Way To Become A Better Baseball Player

A study written by the head strength coach for the Detroit Tigers ([click here for the link](#) and email me if you'd like the study):

Gillett J. **Strategic Exercise Prescription for Baseball: Bridging the Gap Between Injury Prevention and Power Production.** *Strength and Conditioning Journal* 2009; 31(5): 81-88

has a fantastic graph and athletic development in baseball (see top of next page):



As you can see, you MUST have balance and agility before you do anything else regarding strength, explosiveness or speed.

What is the EASIEST way to become a better baseball player by gaining balance and agility in only 2 minutes per day, 4 days per week?

Jumping Rope.

Hope that helps. Best of luck.

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