

Batting Stance

One command in particular that stands out in my mind (because I hear it so much) is the one telling the hitter to keep his back elbow up. I'm not sure where this "tip" first came from, but I can tell you it is a "fault" not a "fix." With the back elbow up in the air it changes the hinging of the wrists during the swing. This, in turn, changes the path (see section on swing plane) of the bat, as well as the leverage which affects the speed of the bat. The proper advice, which may have gotten lost in translation years ago, is for the batter to make sure his back shoulder is slightly higher than the front. The forearms should actually be in a reverse "V" and fairly close to the body. This allows the bat to flow freely to the ball.

Choosing a Bat

Youth 8-10 Years Old

Player Height / Best Bat Weight:

48 in. 16 oz.

50 in. 16.5 oz.

52 in. 17 oz.

54 in. 17.5 oz.

56 in. 18 oz.

58 in. 18.5 oz.

60 in. 19 oz.

Youth 11-12 Years Old

Player Weight / Best Bat Weight:

70 lbs. 18 oz.

80 lbs. 19 oz.

90 lbs. 19.5 oz.

100 lbs. 20 oz.

110 lbs. 20.5 oz.

120 lbs. 21 oz.

130 lbs. 21.5 oz.

140 lbs. 22 oz.

150 lbs. 23 oz.