

Two Types of swings: Techniques - Rotational and Linear

Here are some differences and typical cues used in each swing type:

QUESTION:	Rotational	Linear
Who uses the swing	<ul style="list-style-type: none"> •Line drive hitters •Power hitters •Run producers 	<ul style="list-style-type: none"> •Singles hitters •Contact hitters •Table setters
Who advocates some version of this swing technique?	<ul style="list-style-type: none"> •Ted Williams The Science of Hitting •Mike Epstein's website and Hitting Book •ChrisOleary.com •Steve Englishbey •Jack Mankin at BatSpeed.com 	<ul style="list-style-type: none"> •Charley Lau Jr. Lau's Laws on Hitting •Charley Lau Sr. The Art of Hitting .300
What are the typical coaching cues for each technique?	<ul style="list-style-type: none"> •Circular hand path •Lead with your hips •Don't roll your wrists •Don't extend your arms •Use your hips •Keep your weight back •Keep your hands back •Keep the bat in the plane of the ball •Keep your back elbow bent and tucked •Strong, powerful swing •Rotate your shoulders on an axis 	<ul style="list-style-type: none"> •Straight (linear) hand path •Lead with your hands •Roll your wrists •Extend your arms •Use your hands •Get your weight forward •Hands to the ball •Swing down on the ball (to get it to go up) •Form a Power V with your elbows at contact •Short, compact swing •Don't drop your shoulders •Most efficient swing •Squish the bug •Line up your door knocking knuckles
What generates the power for each technique?	<ul style="list-style-type: none"> •The rotation of the whole body •Thighs and hips •Body torque •Elbow drop to hip •Bat head extends in front of the hands early in the swing plane 	<ul style="list-style-type: none"> •Movement of the hands and arms •Wrist snap
What are the typical drills or training aids that are used for each technique?	<ul style="list-style-type: none"> •Stay Back Trainer •Punching bag or heavy bag 	<ul style="list-style-type: none"> •Squish the bug (twist the back foot) •Swing a bat while standing next to a fence (knob to ball) •Instructo Swing Tee (hit into a channel to swing down on the ball) •Swing Plane Net (swing plane) •Derek Jeter's Zip-N-Hit (swing down on the ball) •Quickswing aids (drops ball quickly so you use quick swing)
What are the advantages for each technique?	<ul style="list-style-type: none"> •Hit the ball hard every time •Hit hard line drives to the emptiest part of the field - the outfield •Most MLB power hitters use this technique 	<ul style="list-style-type: none"> •Easier to adjust swing •Easier to just make contact •Most coaches teach this whether they know it or not
Which MLB player uses which technique?	<ul style="list-style-type: none"> •Chipper Jones •Sammy Sosa •Frank Thomas •Troy Glaus •Barry Bonds •Babe Ruth •most MLB power hitters 	<ul style="list-style-type: none"> •Joe Thurston with the Cardinals (not really linear) •George Brett (maybe not) •Harold Baines •Let me know if you see any current MLB players