

Hitters Frustration Report



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THE TOP 5 FRUSTRATIONS EVERY
PLAYER, PARENT, AND COACH FACES AT
THE PLATE IN THE GAME OF BASEBALL



Hitting Frustration Report

Why So Many Players, Parents, and Coaches are
Frustrated with their Performance at the Plate

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Why So Many Players, Parents, and Coaches are Frustrated with their Performance at the Plate

Hey Everyone it's Brian Moran,

I recently surveyed THOUSANDS of baseball players, coaches, and parents about what they are most frustrated with at the plate when it comes to their own hitting or the hitting of their child and/or team.

I want to say I was surprised by the answers, but frankly, I wasn't. That might sound arrogant, but the reason I wasn't surprised is because they are EXACTLY the same things I struggled with every single day at the plate. Things like keeping my weight back, hitting the ball where it's pitched, hitting for more power, driving the ball the other way. These are all the same things that I worked at every single day.

The Bad News First

Baseball is a game of failure. I want you to understand that because so many kids, parents, and coaches get overwhelmed, thinking they need to fix every problem in a player's swing, when the truth is, by trying to do it all, you fix nothing most likely. Focus in on one problem. Drill on that problem until it's virtually gone. If you solve just one hitting flaw, think of the results in the stat book. By trying to do too many things, nothing gets done.

Now The Good News

From the looks of this survey, it sounds like just about all of you have a real grasp on hitting. You seem to really understand what needs to be done in order to create the perfect swing, but just not sure about how to do it or where to start. Let's take a look at the Top 5 Hitting Frustration Areas...

Hitting Frustration #1 – Hitting For Power

Head back to www.instanthittingdrills.com/free-report and comment with your hitting frustrations or your questions about this new project I'm working on. • 2

Top 5 Frustrations

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Hitting For Power

**Proper and
Consistent
Mechanics**

**Proper Weight
Transfer &
Balance**

**Staying Back on
Off-Speed**

**Keeping Hands
Inside the Ball**

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This was the most common frustration out of every response I received, and understandably so. Obviously, homeruns are pretty popular in today's game. The truth is, for some kids, like myself, who aren't blessed with a 6 foot frame and 200+ pounds of muscle, the odds of becoming a power hitting are pretty slim. But where most people go wrong, is stopping there and accepting that they just can't hit for power. The truth is, power isn't just about homeruns. There are real ways to increase how far your ball travels, and the amount of backspin you create on every ball you hit. More backspin = longer carry. This is one area you can trust me on. I've never been over 175 pounds in my life, and I was the #3 hitter in just about every lineup I've ever played in. If I can figure out a way at 5'8" to hit the hardest balls on the field, you and your team can.

Hitting Frustration #2 – Proper and Consistent Mechanics

This one is huge. We can all jump into the cage and grab a tee and hit line drives all day long, but why can't we take it onto the field? Why does everything come crashing down when we get into the box? Well, there are tons of answers to that one. The first one is hitters today don't see enough live pitching. For goodness sakes, my 1st 2 years playing Division I baseball, I didn't see a live pitch until Opening Day! It wasn't until I transferred to a smaller school where my opinion actually counted that our team spent the entire off-season hitting live, in the cage, off our own pitchers. And you know what, our team average skyrocketed.

Hitting Frustration #3 – Proper Weight Transfer & Balance

This one is really common in young hitters because they haven't really figured out where their body is yet. The other factor in this problem is the kind of stance the hitter has. Just a warning...if your stance is tall and narrow, you will fall prey to this issue much more than the average hitter. This is why, if you see pictures from my freshman year to senior year, I'm MUCH more spread out in my stance and my weight is MUCH lower. This one adjustment jumped my batting average 40 points and almost doubled my homerun numbers in one college season.

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Hitting Frustration #4 – Staying Back on Off-Speed

Well, this one is obvious because it's every pitcher's goal: to get the hitter off balance. An off balance hitter, no matter how strong, isn't going to hit the ball as hard. If you can get to the point where you can stay back on off-speed pitching, you'll see an enormous jump in your average. I have 2-3 drills just for this problem alone, because this was what killed me the most. I made sure to do these drills before every single game and it paid off.

Hitting Frustration #5 – Keeping Hands Inside the Ball

This is where the average hitter is left behind and the real hitters separate themselves. Even if you get every problem above taken care of, if you swing too early or too late, you're finished at the plate. Swing too early, or get out in front of the pitch and you'll only see weak groundballs and pop-ups. It's all about timing, and it doesn't just come to a hitter. This is something I worked at relentlessly, using different hitting drills to work on every pitch location until it became natural. This was an area I took pride in because I really felt it turned me into a complete hitter that could not only take your inside fastball over the left field wall but would also drive a triple in the right-center gap if you try to sneak one off the outside corner. When people talk about "complete" hitters, this is what I think of. The guy that can take care of any pitch...in any location.

Why Hitting Drills Can Solve All Of These Frustrations

I've said this before, but I'll say it again just in case. I'm not a hitting guru and I don't know everything there is to know about hitting. But here's a little bit about me and how I ended up making all of this work...

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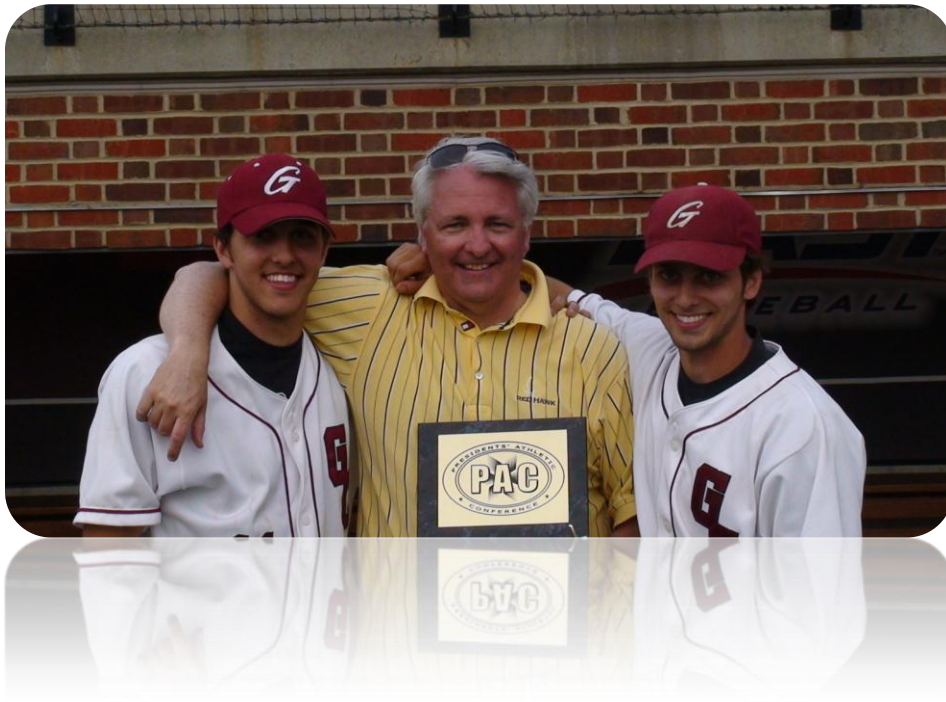
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I started as an average high school ballplayer who didn't play on the varsity team until the 10th grade and had the dream of playing Division I baseball with a scholarship since before I can remember. I worked my tail off all through high school and got really serious about everything during my junior year.

\$8,453 of Baseball Training Later...

My dad started really investing in me as a ballplayer, sending me to professional hitting instructors and college placement programs. I learned some of the coolest hitting techniques that really started to turn me into a ballplayer. The only downside was the cost of all these investments. My dad didn't tell me back then, but in the end he had spent \$8,453 in training. I'll never say it wasn't worth it, because I know how much I learned and I watched it pay off. But then again, I was forking over the bill.



Anyway, I ended up earning myself that Division I scholarship. It was in my junior year, after transferring schools, that my approach needed to change. I was playing at a high level, but I wanted more. I had given myself the goal of making the Rawlings All-American Team, but I knew that I had to make a few changes if I was going to get my game to that level. I went back over my junior year's statistics and realized something.

I saw how "streaky" my year had been. I was either on a hot streak or badly slumping, and it seemed that everything was lumped together. I did some math and realized that if I could just limit those slumps I was in, I could add .40-.50 points to my batting average, and most likely land myself on that All-American team. So that's what I set out to do.

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I got to work. Called up my old hitting instructors, bought a HD camera, got some new gear, and began researching any major league swing video I could get hold of. I put a list together, much like the list above, of my top “struggle” areas that kept me in the minor slumps I was in the season before. I looked up every hitting drill I could think of, and met with my instructor to go over how to tackle every single hitting problem I could think of.

At the end of the off-season, I had finally put together my gameplan. I used it throughout the fall and all winter long, and I couldn’t believe what a difference it made. I was seeing the ball better, and just smoking our team’s pitchers in the cage. My only worry was their confidence after I got done with them.

I couldn’t wait to take it on the field for my last college season, and...well...the rest is history. My average soared and I actually broke the career record in batting average that year.

RECORD BOOK	
INDIVIDUAL - SEASON	INDIVIDUAL - CAREER
BATTING	
Batting Avg: .493, John Avdellas, 1988	Batting Avg: .436, Brian Moran, 2007-08
Home Runs: 465, Jim Donnelly, 1998	Home Runs: 23, Nate Kauffman, 1998-2001
Home Runs: 12, Nate Kauffman, 2001	Home Runs: 14, John Senkowitz, 1984-87
Runs Scored: 8, Brian Moran, 2008	Runs Scored: 108, Mike Kashurba, 1998-2001
Runs Scored: 45, Brian Moran, 2008	Runs Scored: 102, Nate Kauffman, 1998-2001
Runs Scored: 40, Eric Kephart, 1999	Runs Scored: 161, Bryan Pierrot, 2005-08
Total Hits: 59, Brian Moran, 2008	Total Hits: 157, Nate Kauffman, 1998-2001
Total Hits: 54, Brian Moran, 2007	Runs Batted In: 118, Nate Kauffman, 1998-2001
Runs Batted In: 50, Brian Moran, 2008	Runs Batted In: 93, Mike Kashurba, 1998-2001
Runs Batted In: 40, Jim Donnelly, 1998	Stolen Bases: 63, Brian Moran, 2007-08
Stolen Bases: 34, Brian Moran, 2008	Stolen Bases: 57, Kennie Petre, 1965, 1967-69
Stolen Bases: 29, Brian Moran, 2007	At-Bats: 472, Bryan Pierrot, 2005-08
At-Bats: 136, Bryan Pierrot, 2008	At-Bats: 431, Jerry Ott, 2003-06
At-Bats: 134, Jerry Ott, 2006	

The 2008 edition of the Grove City College baseball team did not set records for wins, games played, runs, home runs or any other team statistic. But the Wolverines did do something that no team in program or Presidents’ Athletic Conference history had ever done before: earn an automatic berth in the NCAA Championship Tournament.

Grove City captured the PAC Championship Tournament and received the league’s first-ever automatic bid in baseball. By advancing to the New York Regional, the Wolverines became the first PAC team in 24 years to reach the NCAA Tournament.

In addition, senior center fielder Brian Moran became a consensus Division III All-American and earned Division III Rawlings Gold Glove honors.

Grove City opened the 2008 season by going 3-3 in a six-game trip to Orlando, Fla. The Wolverines split a season-opening doubleheader March 15 against Trinity Christian (Ill.). After dropping Game One 4-1, Grove City collected 16 hits in winning the nightcap 16-4.

Moran tripled twice and drove in four runs in the win while Ben Wilson went 3-for-4 with three runs knocked in.



Senior Brian Moran earned PAC Player of the Year and consensus All-American honors in 2008.

The Automated ScoreBook
2008
Season Statistics for Grove City (as of May 08, 2007)
201 games Sorted by Batting avg)

Player	AVG	GP-GS	AB	R	H	2B	3B	HR	RBI	TB	SLG%
9 Brian Moran.....	.454	36-36	130	45	59	9	4	8	50	100	.769

The Automated ScoreBook
2007
Season Statistics for Grove City (as of May 17, 2008)
201 games Sorted by Batting avg)

Player	AVG	GP-GS	AB	R	H	2B	3B	HR	RBI	TB	SLG%
9 Brian Moran.....	.419	35-35	129	39	54	11	6	4	35	89	.690

Almost EVERY stat rose from 2007 to 2008

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My homerun totals almost doubled. My slugging percentage went up. I broke the single season hits record, which was actually already my record from the season before, and the list goes on. I had eliminated, for the first time, any prolonged slump throughout the year. I was finally a consistent hitter and my stats proved it.

There's more to the story, which I can go over later. But the short version is: I was noticed nationally and was unanimously named to the ABCA D3 Rawlings 1st Team All-America and named the Player of the Year on our conference. All because I figured out which drills to apply to which problems. Go figure.

What I've Been Working On

So, I told you all that I've been working on something. Well, I've been putting back together the exact hitting drills I used during my All-American season. I've been creating a comprehensive library that any hitter, coach, or parent can unpack and use to instantly begin solving these tough hitting frustrations. It's pretty much a cut and paste job.

I've been blessed with some great mentors both on and off the field throughout my life, and if there's one thing I've learned, it's to give back to those that helped you get to where you are. I know for a fact I wouldn't have had the success I did without the coaches I had on the field, and the parents I had supporting me off the field.

I know from what you all write in, that you want the same for yourself and/or your team and kids. What I'm going to show you in something that can dramatically cut down the time it takes you to get there. I know how much time it took me to figure it out, not to mention the physical dollars my dad spent for me to learn it all.

What To Look For Next

I want to give you a little more insight into what exactly this system of drills is all about, so I'm going to be recording a personal conversation with someone very close to me. He's currently a college ballplayer who is having a ton of success. We're going to go over exactly what we did together and what he still does to make sure his hitting approach is staying up to par. Stay tuned as I'll be posting that interview in the coming days.

Now What?

I've posted this Free Report on my new blog, www.instanthittingdrills.com/free-report. I'd love for you to head back there with any questions or concerns about this new project I'm working on. Also, if you haven't submitted your Top 3 Hitting Frustrations, you can do that in the comment section too!

Talk to you all soon!

Brian Moran

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