

Timing vs. Mechanics

There is a huge difference between getting the swing mechanics dialed in and getting the timing dialed in. Quite often hitters will dial in their mechanics during practice but because their timing is off during games or live BP the swing starts to fall apart. The back elbow comes forward and breaks from the spine then the body weight shifts forward in order to make contact because the swing was started too early. It is super important during this stage to switch between tee work (non-timing related), soft toss (slightly timing related), live BP (primarily timing related) and stability training (making the correct timing posture more comfortable and powerful).

During games and BP it is difficult to recognize the difference between a timing issue and a form issue. The form issues are easy to recognize during tee work because the timing element isn't present. Timing plays a minor issue in soft toss but not nearly as much as in live BP or when facing a pitcher during a game. If the hitter has a different form between the tee/soft toss and BP/games then so long as the form issues aren't present during tee/soft toss don't address the form issues that only arise in the games. Those are timing issues...which are addressed by simply staying relaxed, matching the plane of swing with plane of the ball and hitting the ball from the hitter's zone...the timing thing will come.

Coaches and parents will get a lot of resistance when trying to correct or address or bring to hitter's attention the form issues that arise only during games with form corrections. Thus the hitter's confidence will go down because the gap between who the hitter is and who others see him becomes large. Coaches and parents must remember mechanical flaws that only arise during games and live pitching are timing related.