

The Follow Through

Follow Through

The follow through is the last part of the entire swing. It is easy to teach and also to learn. However, many players often become lazy with their follow through which leads to a loss of power. The follow through will begin at contact. Therefore, we already know that the player is in the power-position.

Arms

- Immediately after contact the arms of the player should go to extension. It was discussed earlier that the player must have a short swing to the baseball. It is just the opposite when the player makes contact. Now he must be long to follow through.
- The hands and arms should be finishing at approximately the top of the front shoulder.
- Remember, short to the ball and long to follow through.

Wrists

- The wrists should roll over somewhere out in front of the player. They cannot roll over until he is past contact. Rolling the wrists too early maybe the single greatest mistake that players and coaches make. If the player is continually hitting the ball in the ground in front of the plate there is a good chance that he is rolling his wrists too early. This happens most on inside pitches. Encourage the player to get his hands through the hitting zone better and not roll the wrists until after contact. Remember, palm up-palm down at contact, then long to follow through and allow the wrists to roll over in a natural motion.

Head and Eyes

- The player must keep his head and eyes down to the contact point even during the follow through.

