



SELECTING A BAT

There are a tremendous variety of bats to choose from.

First of all make sure that the bat you choose is approved for play by the youth sports organization. Look for the “Approved by” labelling on the barrel of the bat and the level of play the bat has been approved for. (Most organizations have approved wood and metal bats.)

Bat size and weight is listed on each bat. You will find the length in inches labeled on the end of the handle. The weight of a bat is listed on the barrel in the form of a “minus” rating. For example a 30 inch bat with a -10 drop means that the bat is 10 ounces lighter than its length in other words it is a 30 inch 20 ounce bat.

When choosing a bat for your son or daughter I recommend the following:

- Players 5-6 yrs old 24” to 26” (-10 to -13)
- Players 7-8 yrs old 25” to 27” (-10 to -13)
- Players 9-10 yrs old 28” to 29” (-10 to -12)
- Players 11-12 yrs old 29” to 31” (-10 to -12)

It is very difficult for a young player to hit with a bat that is too big and heavy. Players can generate more bat speed and hit the ball further with a lighter bat.

