



THE ULTIMATE HANDPATH SWING TRAINER

INSTRUCTIONS



SAFETY RULES

When trying the WhipHit bat for the first time remember SAFETY and follow the points below:

- ALWAYS WEAR AN APPROVED BATTING HELMET WITH INSTALLED FACE MASK WHEN USING THE WHIPHIT BAT: this bat is a tool and can be dangerous until you learn how to use it properly. You can hit your back or head with the “ball” end of the bat so make sure you are protected when in use.
- Make sure there is adequate space to use the WhipHit Bat safely. An area approximately 10 feet around the batter is recommended.
- Clear the area you are hitting into of any objects and persons. Make sure that no one walks in the path of the batting zone or the area surrounding the batter.
- Inspect the WhipHit Bat before use to make sure it is in good working condition. Check the knob, rope and ball for any sign of damage and discontinue use if anything appears broken.
- Start with slow, deliberate swings. Get the feel for how and where the swing finishes. DO NOT start with a powerful swing. Be cautious until your hitting mechanics have improved.
- Use a high, level, or one hand release to minimize risk of impact from the end of the bat on your body.

Hand Path Concept – Understanding Swing Mechanics

Hand path to the ball is as critical as keeping the bat on the plane of the pitch. Your hand path determines where on the bat you hit the ball, how much power you hit with, and ultimately whether you will ground out, pop-up, hit a homerun or strike out. Maintaining proper hand-path consistently is difficult at best, and even more challenging during a game when facing live pitching under pressure circumstances while fatigued. Practicing with the WhipHit Bat will build your muscle memory and help you swing well consistently when it matters most: in a game.

Setup

The WhipHit Bat can be used for solo training or together with a partner or coach. You can hit real or practice balls off a tee, take side/front tossed pitches, or simply practice dry swings. Advanced players can hit full speed pitches.

1. Positioning: Place a ball on the tee 2 inches forward from the middle of home plate. Measure your stance by placing the WhipHit ball exactly in the middle of home plate with the bat stretched perpendicularly back towards you. Place your lead foot at the end of the WhipHit knob.

2. Stance: Adjust your stance width by moving only your trail/back leg. Your feet should be at least 1.5 times the width of your shoulders plus approximately two inches.

Get into a balanced position by bending only at the waist first, then softening the knees.

Load by doing a simple inward turn with your lead/front leg (also called a knee cock) so your weight is transferred inside the trail/back leg and not over it.

To test if you have a proper weight load have your partner stand and hold your lead shoulder, then raise your lead foot off the ground. If your partner is able to hold you up then your weight is properly balanced on the inside of your back leg. You should notice your knee is directly over your foot.

When going to toe touch (landing at touch) think slow to load, soft to step on a flexed lead knee and land on the inside edge of the foot - the edge of the foot should be pointed towards the pitcher, not the toe. Remember to keep the lead leg somewhat flexed and not rigid.

3. Hand Positioning and Swing: We recommend using the lead hand first when starting to use the WhipHit Bat. Position the lead hand where it would be if both hands were on the bat. Hold the bat so that the top of your top hand is the same height as the top of your shoulder.

When landing at touch, position your hands rearward. Think of this action as you would when throwing a ball: when stepping to throw, the ball in our hand goes down out of the glove and then up and rearward to develop momentum. During this movement make sure that your front shoulder does not roll in or turn away from the pitcher.

To begin the swing allow the lead arm elbow to move on a linear path with the elbow making a direct move forward about 3 to 4 inches. Your hand should follow the elbow forward and remain “inside the ball”: the hands should not cast out towards or over the plate as this diminishes the power of your swing.

As your elbow moves forward it will draw your hands through and the WhipHit ball on the end of the rope will “whip” towards the tee. As you make contact with the ball continue forward with your hand extension and then roll your wrists over and up. Finish the swing between level and high to avoid body contact from the WhipHit during follow-through.

After several swings you will start getting the ‘feel’ of the device. Use both hands and maintain the forward elbow move to whip the ball through the swing. Make small adjustments as necessary to hit the ball on the tee with the ball of the bat. Your precision and power will improve quickly and dramatically!

Swing Feedback - Troubleshooting

Problem: If you hit the ball on the tee with the rope of the WhipHit then your hands are likely casting out causing you to swing around the ball.

Adjustment: When swinging keep the ball on the WhipHit inside the ball that is on the tee. Check to make sure your lead elbow and shoulder are engaged and not opening up at the start of the swing. Keep your lead hand behind your lead elbow; your hand should follow the same path as your elbow did in the first 4-5 inches of swing start.

Problem: You consistently hit the top of the ball on the tee with the ball on the WhipHit.

Adjustment: Most likely you are swinging with the lead arm angled down or you may have rolled the wrists too early which casts the hands out over the plate. Try adjusting to a more level swing first. Then try keeping the wrists locked until the bat has made contact with the ball on the tee.

Tips: If you are not hitting the ball at all try this. Hold the WhipHit ball in your back hand, bend your lead arm elbow and move your back hand rearward to stretch the bat taught. Then start your swing by pulling your lead arm elbow forward so it pulls the ball out of your back hand and hits the ball off the tee. This motion is like rolling up a wet towel and whipping it. Concentrate on the teed ball and whip it off the tee. A few minutes of this drill will have you feeling comfortable with the lead elbow motion.

Injury Recovery

Players suffering from wrist, elbow or shoulder injuries can use the WhipHit Bat to maintain their swing mechanics and stay sharp during recovery. The WhipHit Bat is lightweight and its design eliminates the vibrations caused by hitting a ball. When you hit a ball the rope absorbs and dampens the jarring vibrations so nothing is transmitted to the handle, making it safe to practice your swing and timing without hurting your recovery. As always remember safety first: consult and listen to the direction of your doctors before using the WhipHit during recovery.