

Front Knee Locked

After Ken Griffey Jr. strides and shifts his weight onto his front foot, he stiffens and then extends his front knee. This helps to power the rotation of his hips and pulls his shoulders and hands around.

Hips Rotating Before Shoulders

Ted Williams said the hips lead the hands. As you can see, this is exactly what Ken Griffey Jr. does. By rotating his hips ahead of his hands (and thus his shoulders), he stretches the muscles of his core which enables them to powerfully contract and pull his shoulders around.

Hands Above The Bat Head

In order to reach balls that are down in the strike zone while still staying compact, good hitters like Ken Griffey Jr. do not swing level to the ground. Rather, they tilt over the plate and drop the head of the bat down below their hands. This allows them to get to pitches down in the strike zone while still being able to rotate their hips powerfully.



Eyes On The Ball

Although it's not physically possible to see the ball hit the bat, every hitter should do what Ken Griffey Jr. does and keep their head down and their eyes on the ball as long as they can.

Back Elbow Bent

Many people talk about extension as if it is the key to a powerful swing. The truth is that extension is the EFFECT of a powerful swing rather than the CAUSE of a powerful swing. In a good swing, at the point of contact the hands are rotating with, and almost connected to, the back shoulder, as they are doing in this photo of Ken Griffey Jr. As a result, in most cases the hitter's back elbow will be near their back hip at the point of contact. This helps the hitter stay compact, which shortens their swing and maximizes the rate at which their shoulders can rotate.

Back Toe Off The Ground

Rather than squishing the bug, at the point of contact Ken Griffey Jr. is typically either on the point of his back toe or his back foot is actually up in the air. This is the result of how he shifts his weight onto his front foot, which helps to power the rapid rotation of his hips, hands, and shoulders. The rotation of his hips pulls him up onto his back toe.