

Endorsed by many top High school, College, and Professional Coaches.

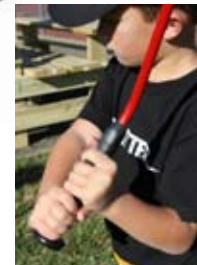


This bat is not only an excellent muscle memory tool, it is also the perfect tool to diagnose a problem swing. With all the features associated with this bat a player or coach can pin point any problem areas of the swing. If a player is already swinging correctly, this training bat will only act to further engrain the correct muscle memory swing patterns.

Smooth "sweet spot" portion of the insider bat designed to indicate to hitter when flaw in swing occurs. If sweet spot struck flat against ball during swing, proper palm up / palm down position will occur



Shaft angle designed to promote "hands in front of bat head", "hands inside the ball" and used as indicator to hitter when wrists roll during swing



Aluminum shaft causes erratic ball flight when casting/sweeping occurs during swing

Designed to train proper hand alignment on bat during swing. Trigger "reminds" hitter where hands should remain during swing. Trigger also excellent when used during one arm drills. Oval handle design aligns hands properly every time

www.training-bat.com

"Stay Inside the Game"

Each feature of the training bat works in conjunction with the others to create the perfect swing

The **insider bat™** is a revolutionary baseball/softball muscle memory training tool that promotes proper grip, hand placement and proper swing path before, during and after contact is made. The unique design allows for only one way to make contact with the ball.....the CORRECT way!

“Muscle memory” is a term used to describe a learned movement, pattern or habit. By performing the same movement pattern repeatedly, more effective nerve/muscle connections are made. These connections that are made repeat more effectively each time used. After developing muscle memory, the new action is automatic and will be performed without conscious thought. (i.e. walking)

If used properly the training bat will assist in creating positive muscle memory for a fundamentally correct swing. In addition the training bat will:

- Emphasize palm up/palm down hand positioning before, during and after contact with the ball
- Instant feedback for batter and coach
- Trains hitter not to roll wrists or sweep (cast) before or during contact with ball
- Promotes proper grip of bat
- Emphasizes “staying inside the ball” before and during contact
- Designed for left and right handed hitters
- Promotes proper hip rotation during swing
- Can be used anywhere, anytime, indoors or outdoors
- Forces hands in front of bat head during swing
- Promotes tucking of back elbow into “slot”
- Great for Pre-game drills or “On deck” reinforcement tool
- Excellent when used as one arm drills
- Designed for the beginner as well as seasoned pro

A hitter, regardless of age or ability level, does not necessarily need to know the complicated “Physics” of a swing. He or she does not need to know why their hands should be palm up / palm down at contact, why they should not cast (sweep) the bat, etc. They simply need to swing the bat correctly.

That is why this training bat was developed.

For More Information:

Website: www.training-bat.com

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Katy, TX 77494

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Features


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- Hands inside the ball
- Palm up / Palm down
- Rear elbow tucked in slot
- Hands in front of bat head




Proper swing promotes proper lower body movement




Great for rear arm drills




Great for lead arm drills




Erratic ball flight will occur if wrists roll...



or completely miss ball if wrists roll



Casting/sweeping of insider bat will cause erratic ball flight...



or miss the ball completely



Front shoulder “flying out”...



ball flight will indicate problem


Instructions:




How to grip the Insider Bat



Oval handles properly lines up knuckles



Line up ball with belt buckle



Target Area is always line drive up the middle

Testimonials

“The innovative design of the Insider Bat and its simplicity of use, makes this device one of my favorite and useful tools for teaching hitters the proper set up, grip and swing path. The bat is fun to use, gives immediate feedback and is challenging all at the same time. I recommend the training bat to all my clients - not just for use at the batting cage, but also at home and on the road. Its light weight and size make it ideal for taking swings anytime, anywhere, even in a hotel room. I wish I would have had a training bat during my playing days for those many times I needed to practice but was limited by space and time. Try the bat today, I’m sure you will like it!”

*Gary Gaetti (The G-Man)
19 Year Major League Career
Former Houston Astros Hitting Coach
2507 Games Played - 360 Career Home Runs (Tied with Joe Dimaggio)
2280 Career Hits - 1341 Career RBI*

I am the Head Baseball Coach at Barbe High School in Lake Charles, LA for the past 23 years. My coaching staff was introduced to the Insider Bat by a coach from a visiting team during a rain delay at our tournament. We were talking about drills to teach kids to stay inside the ball and he said hey I have the perfect thing for you. Everyday during drill work, we use the Insider Bat and it has helped raise our kids understanding of how important it is to stay inside the ball. What I like so much about the Insider Bat is that you get immediate feedback. If you roll over, you miss the ball or pound it in the ground. If you dip you either miss the ball or pop it up. You must get in and stay in the correct hitting position in order to get the correct results. I would recommend the Insider Bat to everyone!

*Glenn Cecchini
Head Baseball Coach - Barbe High School - Lake Charles, LA*

- H.S. Baseball Coaches Assoc. National Coach of the Yr: '00, '01, '06
- American Baseball Coaches Assoc Dist #8 Nat'l Coach of Yr: '00
- La. Baseball Coaches Assoc. 5A Coach of the Yr: '98, '00-'06
- 5A State Coach of the Yr (voted by Sportswriters): '98, '01
- Dist. 3-5A Coach of the Yr: '92, '93, '95 - '08
- Southwest La. Coach of the Year: '97 - '00
- Ranked one of the Top 10 Baseball Programs of the Decade by Baseball America
- Co-Author of “101 Championship Drills”



Patent Pending

NOT FOR HARDBALL USE

