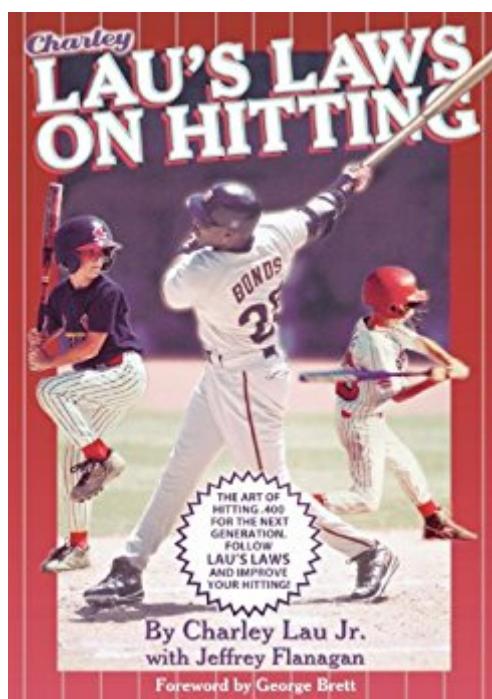


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# Lau's Laws On Hitting: The Art Of Hitting .400 For The Next Generation; Follow Lau's Laws And Improve Your Hitting!



## **Synopsis**

After working as a minor league hitting instructor, Charley Lau Jr. began his quest to resolve the myths and misunderstandings on how to hit a baseball in the most effective way possible. This book not only includes the secret ingredients to building the most dynamic swing possible, but he shows, step-by-step, how to teach yourself or your students.

## **Book Information**

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## **Customer Reviews**

Charlie Jr. is trying to keep his dad's franchise going. It touches on much of what his father put out years before. The biggest challenge I have with this book is that he is trying to compete with Ted Williams book. Ted William put in play Lau's laws well before Charlie Jr. was born or Charlie Senior discovered them. Ted liked the to get his OPS by focusing on the slugging and pitch selection.

Charlie Senior focuses on batting average and hitting line drives. His book would have been much better if he would have taken the good out of Ted Williams book and the good out of Charlie Senior's book, then wrap it with the Wisdom of Tony Gwynn and Rod Carew. Had he done this, He would sell hundreds of thousands of books and he would have players crawling out of the woodwork

to seek out his counsel.

First, if you don't have a good understanding of hitting a baseball already, a lot of the material in this book is likely to confuse you or may even be misinterpreted. If you have a good understanding already, you will find yourself several times while reading the book saying to yourself "yeah, he's right. That IS what you do. I just never thought of it that way." The author's father was a famous MLB hitting instructor in the 70's and 80's and became known as the leading proponent of Linear/Extensional hitting mechanics (as opposed to Rotational mechanics). The author is very clear in explaining that a baseball swing is a Linear movement until the hitter transfers his weight into his front heel, then it becomes a fully Rotational movement with the arms reaching full Extension after impact with the ball. And in my opinion the author is spot-on in that simple description of how a swing is performed. He explains how good hitters make a similar linear move on every pitch, but by changing the timing of the shifting of their weight into their front heel they are able to change when the rotational part of the swing starts and therefore adjust their swing to different pitch locations and speeds. The author lists several "laws" that he has confirmed by video analysis that every (or almost every) MLB hitter uses when hitting. The author goes through the different techniques/styles that hitters use to follow those "laws" and the advantages/disadvantages of these techniques and styles, and he gives real MLB examples (dated examples, however--see Barry Bonds on the cover). I found the drills he gives to be less valuable, partially because they are being demonstrated in a few pictures with a brief word description. You can probably find better drill ideas on youtube to teach kids the concepts of this book. But the insight this book gave me into how good hitters generate power and make more contact was well worth the price of admission. Anyone trying to teach kids hitting should read this book.

Charley Lau Jr. breaks down the swing like nobody else on the planet. I haven't reviewed many books on but have to say that there is no better book about hitting. When thinking about my son's hitting this year, I started seeing so many of the good big league hitters with the same swing - releasing the top hand and getting off the back side. I realize that I actually started to swing that bat that way myself 25 years ago because it felt better but I didn't know why. I'm so glad that I now understand why it is important. This book dispels all of the bad hitting advice that kids get about things like keeping the elbow up and squishing the bug. Combined with Charley's DVDs I finally understand what pulling the knob and hitting inside the ball really means. Looking forward to the next book Charley!

Good hitting fundamentals well explained. Written prior to the huge linear vs. rotational hitting rift - this book advocates getting more over the front foot than the rotational method and doing a top hand release. There are many truisms here that resonate regardless of your school of thought on the science of hitting. Read this along with "A Hitting Clinic" and "Mike Epstein on Hitting" and you'll be armed with enough basis to decide what type of hitter you are or how you want to teach hitting.

Lau's laws on hitting have been proven over the past four plus decades to work. Charlie Lau Jr does a great job of explaining why his father's teachings are so much better than anything that came before. Science and data are provided to support the methods and techniques taught. If you are a student of the game it's a great read and a valuable resource for any hitting instructor or coach.

The book is written by an athlete, so there is a lot of "jock speak" involved. The writer probably doesn't realize that, but it's still a great book. However, as a coach, it's hard to "mix" the teaching in this book with what MANY youth level coaches (maybe even MOST) teach, and that makes it difficult to use this book to really change a hitter. If you're willing, as a coach, to rebel against the grain and actually try to create better hitters instead of just following status quo, this is a great book. **EVERYTHING** in it MAKES SENSE. It just contradicts Ted Williams "pull hitting", and that's hard to work around if you coach "with" other people.

Very common sense, effective approach. If you have a young hitter whose mechanics are messed up, this is the book for you. The hitter will see immediate results. Charley Lau Jr.'s techniques are easy to implement and feel natural to the hitter, also.

Great book. read this, teach this and they will know how to hit.

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