

Hitting Basics

by Chris OLeary

YEAR	AVG	SLG	XBHs
2013	.248	.324	56
2014	.298	.412	72
2015	.263	.357	74
2016	.311	.449	144
2017	.334	.472	142

I have worked with a number of major league hitters including Tommy Pham, Mark Trumbo, and Andres Torres. During part of the 2016 and most of the 2017 seasons I worked with the hitters at Harris-Stowe State University. How did the guys hit?

This is my basic hitting slide deck.

It's a little different than a lot of the slide decks I've seen because my main objective when giving my basic hitting presentation, and talking people through this slide deck, is myth-busting.

Too many players' heads are full of nonsense; of ideas that may be popular, but aren't what the best hitters do.

Much, or even most, of my success and why I, a nobody, can help MLB, MiLB, college, and youth hitters is due to the fact that I know what a good swing actually looks like. Because I've studied the topic to death. A lot of what I do is clear my hitters' heads of nonsense and then just tell them to hitters doubles to the fence.

CHRIS O'LEARY

NOVEMBER 9, 2017

ChrisOLeary.com





Chris@Leary.com

ChrisOLeary.com





ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com

ChrisOLeary.com





ChrisOLeary.com

A man in a red long-sleeve shirt and blue shorts is captured in the middle of a powerful baseball swing. He is wearing white batting gloves with red accents and red and white athletic shoes. The background shows a batting cage with a black safety net. A large, semi-transparent watermark is overlaid across the center of the image.

ChrisOLeary.com



ChrisOLeary.com



Chris@Leary.com

ChrisOLeary.com





ChrisOLeary.com

A young boy with short brown hair, shirtless and wearing dark blue jeans, stands on a concrete sidewalk. He is holding a wooden baseball bat over his right shoulder and smiling at the camera. Behind him is a large, dense green bush with small red flowers. The scene is brightly lit, casting a shadow of the boy onto the sidewalk. The image is framed by black bars on the left and right sides.

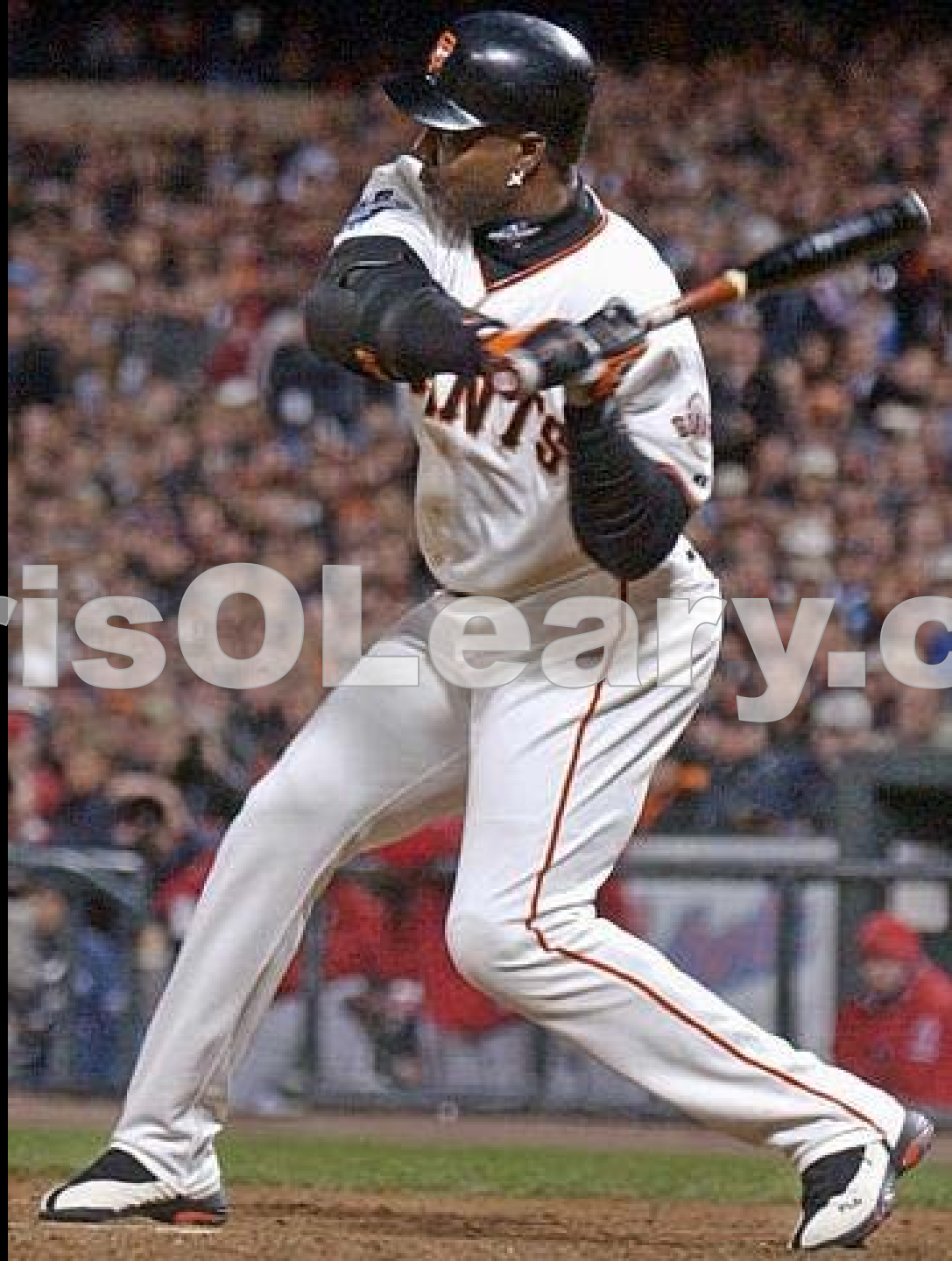
ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com



A photograph of a baseball game in progress. A batter in a white Boston Red Sox uniform is captured mid-swing at home plate. He is wearing a dark blue helmet with a red 'B' logo and red batting gloves. An umpire in a black uniform and protective mask is crouched behind the batter. To the right, a catcher in red gear is also crouched. The scene is set on a dirt field with a green outfield wall in the background. A large, semi-transparent watermark is overlaid across the center of the image.

ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com



ChrisOLeary.com

ChrisOLeary.com