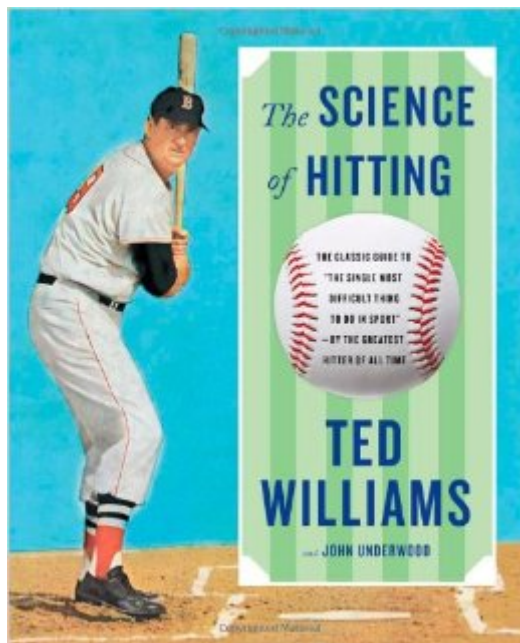


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# The Science Of Hitting



## Synopsis

“Baseball’s last .400 hitter share[s] his secrets in this primer still used at all levels of the game.” • Paul Dickson, author of *Bill Veeck: Baseball’s Greatest Maverick* Now fully revised with new illustrations and diagrams, the classic—and still the greatest book on hitting from the last baseball player to break the magic .400 barrier, Ted Williams. Ted Williams was arguably the greatest pure hitter who ever lived. A lifelong student of hitting, he sought advice from every great hitter and pitcher he met. Drawing on that advice, as well as his own legendary life in baseball, Williams produced the all-time batting classic, *The Science of Hitting*. Using its detailed illustrations, anecdotes, and concise coaching, players of all skill levels will learn how to improve their fundamentals and gain keen insights into the finer points of hitting, including: -How to Think Like a Pitcher and Guess the Pitch -The Three Cardinal Rules for Developing a Smooth Line-Driving Swing -The Secrets of Hip and Wrist Action -Pitch Selection -Bunting -Hitting the Opposite Way *The Science of Hitting* is a must-read for all baseball players looking to improve their turn at bat and for all coaches and parents teaching the sport.

## Book Information

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## Customer Reviews

As a boy, all Ted Williams wanted was to be the best hitter there ever was. Through his storied tenure with the Red Sox, he pretty much got his wish. He not only hit, he knew how to hit; there was no keener, more devoted, more articulate student of the art. *The Science of Hitting* is his comprehensive book of wisdom and anecdote, a baseball bible that offers clear, concise,

well-illustrated, fundamental information on how to hit a baseball and, just as important, how to think about hitting a baseball. Williams's first commandment is "Get a good pitch to hit," and, in one of baseball's most dramatic teaching tools--a photograph that divides his strike zone into 77 baseballs, seven wide by 11 high--Williams projects what he would hit at each pitch location, from .230 on the low-outside strike to .400 in what he called his "happy zone," the heart of the plate belt high. In 1941, that happy zone was obviously ecstatic; Williams hit .406 that year, the last to break the magic .400 barrier.

Wade Boggs American League batting champion A major influence on my basic hitting skills through my formative years and a must for learning and knowing the strike zone.

I was a semi-professional player and read this book as a boy, it absolutely transformed me. I borrowed the book from a library as a kid and never returned it (LOL). The greatest hitter that ever lived walks you through the tips, techniques, and theory of hitting a baseball. Practice makes perfect. I would hit in a batting cage until my hands bled after I read this book and it paid off. I could have taken my baseball career all the way to the big leagues had a few things gone a little different in my life. To the next generation of dreamers and kids that want to be the best, READ THIS BOOK. There is no better book on the subject of hitting a baseball. I can't recommend this book enough.

I thought this was a fantastic book on hitting by one of the greatest all-time hitters, Ted Williams. In a nutshell, I found the book designed to teach the reader to hit better by showing them a comprehensive look at the science behind hitting. A few things that seemed to stand out: the style of writing is like he's standing there talking to you which makes for an easy read--the batting advice is pretty thorough leaving no stone unturned--the batting advice is based on science--the pictures demonstrating the techniques are OUTSTANDING and include all angles including some very good overhead shots--the stories he tells of other baseball players are priceless!! I highly recommend "The Science of Hitting" for anyone who wants to hit a ball better, and a very well-rounded book based on both science AND experience. Also recommend "Treat Your Own Rotator Cuff" if you have a shoulder problem that interferes with your playing.

Was recommended to me by my work colleague for my oldest (15). Skimmed through the book and was very impressed with all the knowledge it contains for a child, teenager, and adult. Easy to read and look at. Contains a lot of drawings, pictures, mechanics, and physics about how to be a great

hitter from one of the greatest hitters of all time- Ted Williams. I asked another baseball coach about this book and he also recommended it highly. So I recommend to any interested party- may it be a child, teenager, adult, coach, baseball player or fanatic; This will improve you in every way possible to be the best baseball player out there.

50 years later and still the best book on hitting you'll find. I've read this book 8 times and every time I come away with something new. Underwood writes in the preface that Williams wanted this book to be his legacy - and what a legacy it is. From the writing, the pictures, and the conversational style, there is a wealth of knowledge to be gained by hitters as young as five and as old as seventy five. If you want to be a better hitter (or know someone who does) pick it up today.

Bought this with another by a Ted Williams Baseball Camp Director. My grandson and his father were visiting and had the chance to participate in a camp for the week. Ted is the best hitter ever and the other book included a foreword by Ted, so a good combination.

interesting read... drawn out information due to interesting stories from Ted Williams.....

Great book. No one thought Ted Williams was a better hitter than he did. That being said, he is undoubtedly the greatest hitter of all time. haha. My kids love this book (10&11)

I'm not an expert on hitting a baseball but I do believe Ted Williams was, and probably is still the greatest hitter of all time. I read this book and was amazed at his presentation. I would and have recommended it to my friends and have told them their children, who are playing Little League, Minor League, and one major league, should make this a must on their reading list.

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