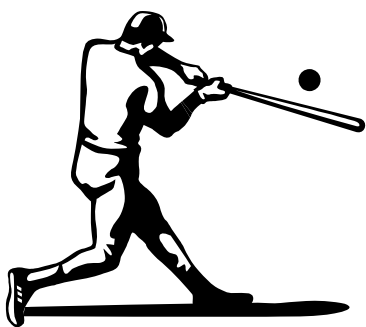


**This is a sneak preview of the actual book. To order
entire book, click here to ORDER NOW**

THE MLB SWING PATTERN

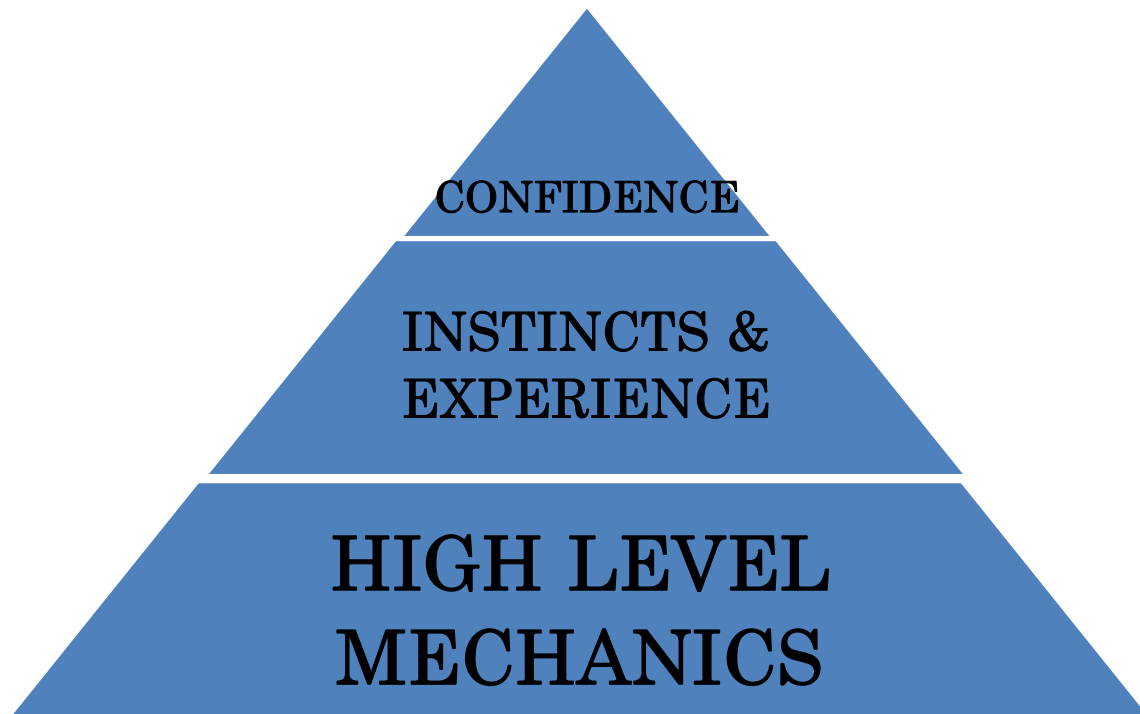
By Swing Coach Ken Brooke
Kenbrookehitting.com

***“YOU CAN’T FIX THE FLAWS
YOU NEVER KNEW YOU HAD”***



The Purpose of This Book:

This book will educate high level hitters to the MLB swing pattern. The best hitters in the game reach similar (if not identical) swing positions and it is the job of every hitter to understand this high level pattern and how it compares to their own swing. Mechanics are at the base of the hitting pyramid and recognizing and eliminating flaws in your swing is a vital first step in becoming a high level hitter. The players used in this booklet are all successful MLB hitters.



THE HITTING PYRAMID

A Real MLB Story

"Mechanics aren't everything...until they are flawed. I hit well enough in the minors, but I was a .220 hitter and failing in the Major Leagues. I saw 180 pound guys hitting bombs, but I didn't know what to do because I used the mechanics taught to me since I was a kid. I was always taught to swing down, but that didn't work in the big leagues. I had to remake my swing to what actually works when facing big league pitchers." – Ben Zobrist (Tampa Bay Rays), 2009 All Star, 2013 Team USA (World Baseball Classic).

ABOUT COACH BROOKE

Coach Brooke played college baseball and 8 years of semi-pro ball. He has coached at the HS and college levels and has been studying the MLB swing pattern and giving video analysis for hitters since 2004. He teaches hitting at the annual "Play With the Pro's" camp with Tampa Bay All Star Ben Zobrist. He also works video analysis at the Proball camp each winter along side of MLB hitting coaches. Currently, the Texas Rangers are using some of his analysis photos for their hitting guide.

COACH BROOKE HAS WORKED VIDEO ANALYSIS WITH THE FOLLOWING PRO COACHES:

Ty Van Burkleo - Hitting coach Cleveland Indians

Brook Jacoby – former hitting coach Cincinnati Reds

Scott Coolbaugh – hitting coordinator Texas Rangers and former big league hitting coach.

Eric Owens – Hitting coordinator LA Dodgers

PRO COACHES/HITTERS COACH BROOKE HAS CONSULTED WITH:

Jim Presley – Baltimore Orioles hitting coach

Derek Shelton – Tampa Bay Rays hitting coach

Lance Berkman – Texas Rangers

Dante Bichette – Former hitting coach Colorado Rockies

Jim Thome – Hall of fame candidate

Ben Zobrist – Tampa Bay Rays

PRESENTATIONS: – Gave a presentation called "Unlocking the Secrets of the Major League Swing Pattern" at annual Pro-Ball camp in front of over 20 MLB coaches.



Indians hitting coach Ty Van Burkleo (left) and coach Brooke (middle) work the "Pro-Ball" camp.

Pro Testimonials



*Ken and I have worked several hitting clinics together and he is ahead of the curve when it comes to finding swing flaws and teaching high-level mechanics. He has provided me many pictures and analysis of my own swing. His knowledge of the MLB pattern is very high and he knows how to teach it. I think even a major leaguer would benefit from his analysis and instruction."--- **Ben Zobrist** (Rays)*



*Ken has a refreshing take on breaking down the swing. The (MLB) pictures in his book make all the difference. His analysis made me realize that I couldn't have that good bat path unless I was using my legs and driving my hips through the zone. ---**Josh Vitters** (Chicago Cubs)*



*Ken Brooke knows how to break down the fundamentals of the major League swing thru his video analysis. He shows a great passion and understanding of the hitters swing in the simplest form...and can get players back on track. ---**Scott Coolbaugh** (former MLB hitting coach and current hitting director, Texas Rangers)*



*"Ken knows how to break down and teach a high level swing. He definitely has the knowledge to find swing flaws in hitters at any level." ---**Steve McAllister** (Regional Supervisor of Scouting, Arizona Diamondbacks)*

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- Pattern 1: The Coil Load
- Pattern 2: Load the Elbow
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- Pattern 7: The Move (Connection & Separation)
- Pattern 8: Core Rotation
- Pattern 9: Head Stays Behind Ball
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- Pattern 12: Late Connection
- Pattern 13: Short Swing
- Pattern 14: Extension
- Pattern 15: Finish

PATTERN 1: "The Hip Coil" or "Load"



MLB PATTERN: COIL THE HIPS INWARD AGAINST THE BACK KNEE....NOT OVER IT



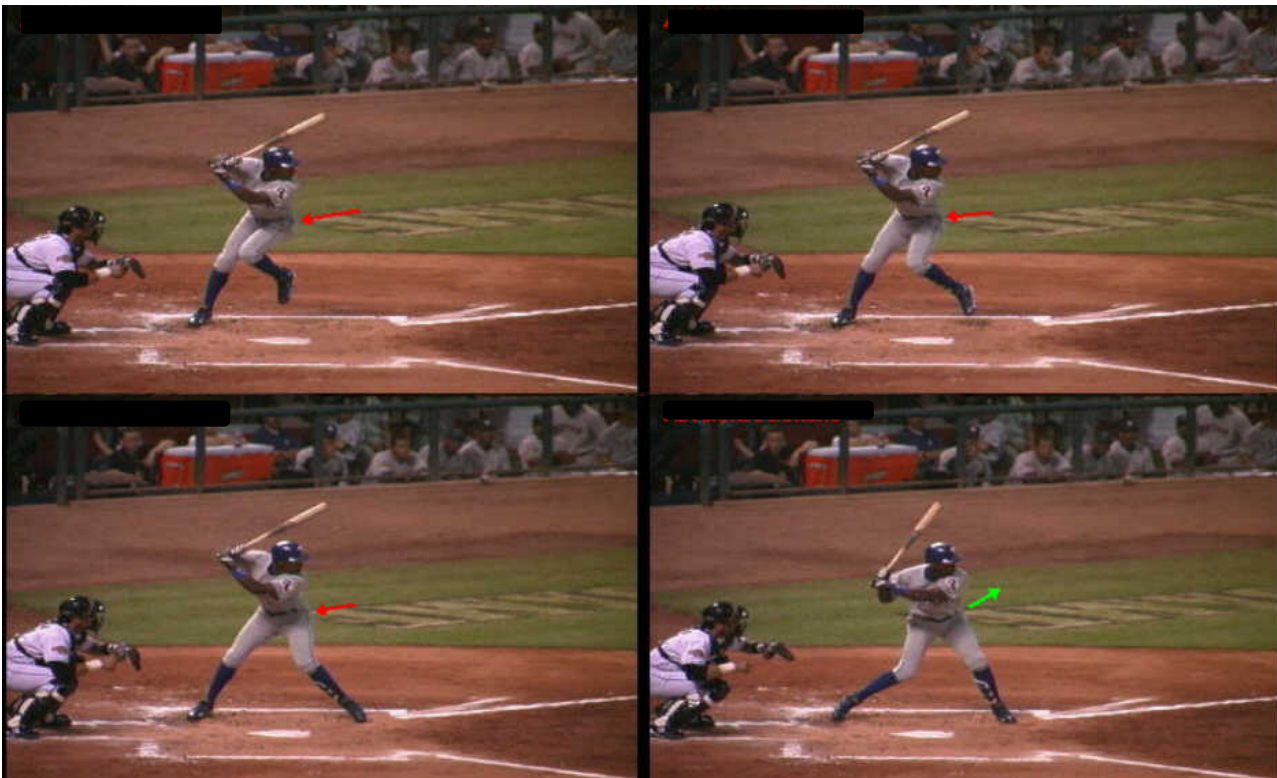
COILING/LOAD IS A LOWER HALF MOVE. IT PREPARES THE CORE FOR AN EXPLOSIVE ROTATION AND IS USED AS A TIMING MECHANISM.

PATTERN 2: “Load the Elbow”



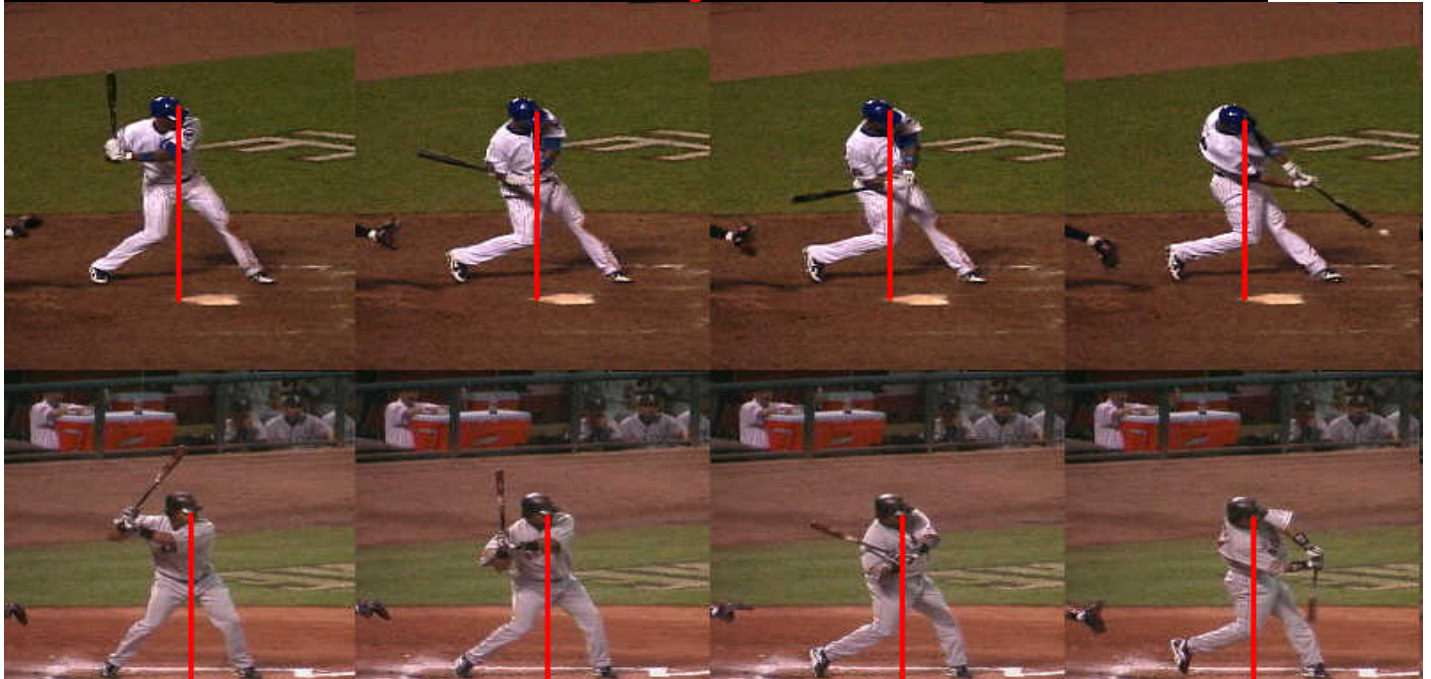
MOST HITTERS STRETCH THE REAR ELBOW WITH THE COIL. IT PUTS THE HANDS & BAT IN A GOOD POSITION AND IS THE PRECURSOR FOR EARLY BAT SPEED AND ELBOW SLOTTING.

PATTERN 3: “Maintain the Coil/Load”



THE HITTER MAINTAINING THE COIL UNTIL THE DECISION TO SWING HAS BEEN MADE

Pattern 9: Head Stays Behind the Ball



THE MLB PATTERN SHOWS THE HEAD CENTERED AND ON THE BALL DURING ROTATION.

Pattern 10: Get on the Pitch Plane Early and...



THE "MOVE" PUTS THE BAT ON PLANE EARLY, RESULTING IN MORE POWER AND AVERAGE.