

SLEDGEBATS TOPHANDER TRAINING

EVERY ATHLETE SHOULD BEGIN ON THIS TRAINING STEP. YOU MUST MASTER THIS STEP BEFORE ATTEMPTING TO START STEP 2 IN THE PROCESS. EVEN SOME OF OUR MLB PLAYERS STRUGGLED AT FIRST USING THE TOPHANDER. HOWEVER, THESE PROFESSIONALS ALSO CAUGHT ON QUICKLY AND ADVANCED RAPIDLY. BE PATIENT AND CONTINUE TRAINING WHILE BUILDING UP THE HAND AND WRIST STRENGTH WHILE LEARNING WHERE YOUR OWN PERFECT POINTS OF CONTACT ARE LOCATED. CONTINUING TO USE THE TOPHANDER MAKES IMPROVEMENT RAPID.



EVERY HITTER SHOULD BEGIN TOPHANDER TRAINING OFF A BATTING TEE WITH A BALL THAT IS SET CHEST HIGH. YOU WILL NEED TO STAND CLOSER TO THE TEE. POSITION YOUR BODY SO THAT YOU MUST MAKE CONTACT SLIGHTLY OUT IN FRONT OF YOUR LEADING LEG. THIS POSITIONING TRAINS PALM UP DURING CONTACT FOR BACKSPIN. WITH A RELAXED AND EASY SWING, ATTEMPT TO HIT BALLS DIRECTLY AT THE PITCHERS MOUND IN A CLIMBING A LINE DRIVE. DO NOT SWING WITH AN UPPERCUT. AFTER YOUR SWING AND CONTACT, THE PERFECT TOPHANDER FOLLOW THROUGH SHOULD END UP FINISHING NEAR YOUR BELT.

KEEP THE HEAD OF THE TOPHANDER SLIGHTLY ABOVE YOUR BAT KNOB DURING CONTACT.

WHEN YOU CAN ROUTINELY HIT 75% LINE DRIVES OFF THE BATTING TEE AT THE PITCHERS MOUND WITH BACKSPIN, NOW YOU ARE READY TO START STEP 2 IN THE TRAINING PROCESS. START TOSSING THE BALL UP TO YOURSELF, WITH THE BALL SLIGHTLY OUT FRONT OF YOUR LEAD FOOT AND ATTEMPT TO MAKE PERFECT CONTACT WHILE HITTING LINE DRIVES. THIS MAY SOUND EASY AND SIMPLE, HOWEVER, YOU WILL VERY QUICKLY DISCOVER THE IMPORTANCE OF RELEASE POINTS. DON'T GET DISCOURAGED BY SEVERAL SWING AND MISS ATTEMPTS. YOU ARE TEACHING YOURSELF SEVERAL SKILLS THAT MUST BE COMPLETED CORRECTLY WHILE MAKING PERFECT CONTACT. MANY MLB ALL-STARs STRUGGLED AT FIRST ON STEP 2 ALSO. HOWEVER, AFTER A SHORT WHILE THEY FIGURED OUT THE RHYTHM AND BALLANCE NECESSARY TO CONTINUE TO HIT WITH PERFECT POINT OF CONTACT AND BACKSPIN



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THE DIAGRAM BELOW SHOWS THE PROPER HAND PATH AND CONTACT POSITION WHEN TRAINING WITH THE TOPHANDER. WE AT SLEDGEBATS ARE FORMER MLB PLAYERS AND WE REALIZE THAT THIS STRONG HAND POSITION IS NOT WHAT HAPPENS DURING A FULL SPEED GAME SWING. WE ALSO KNOW THAT THIS IS THE ONLY TRAINING TOOL EVER DESIGNED TO BUILD AND STRENGTHEN THE TOP HAND WHILE LEARNING YOUR PERFECT POINTS OF CONTACT. THE HITTERS WITH POWER IN PRO BALL ALL HAVE EXCEPTIONAL TOPHANDS AND IMPACT FORCE.



POOR HAND POSITION
DURING CONTACT

THIS CONTACT POSITION DEMONSTRATES A LACK OF STRENGTH IN A PLAYERS TOPHAND. THIS IS CORRECTED SIMPLY BY TRAINING OFTEN WITH THE TOPHANDER. PAY CLOSE ATTENTION TO IMPACT ANGLES DURING TRAINING. AGAINST ELITE PITCHING AND HIGH SPEED FASTBALLS, THIS SWING WILL UNDERPERFORM AND NOT DRIVE THE BALL.

THIS CONTACT POSITION CLEARLY SHOWS THE CORRECT CONTACT POSITION AND HAND STRENGTH NEEDED FOR BUILDING ELITE HITTERS. THIS PLAYER HAS EXCELENT POWER AND DRIVES BALLS WITH BACKSPIN INTO AND THROUGH THE GAPS. HITTING ELITE PITCHING AND HIGH SPEED FASTBALLS IS EASIER WITH THIS POWERFULL SWING. THE TOPHANDER MAKES HITTERS BETTER AT EVERY LEVEL IN BASEBALL OR SOFTBALL



STRONG HAND POSITION
DURING CONTACT

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NOW THAT YOU HAVE GAINED THE ABILITY TO HIT LINE DRIVES WITH THE TOPHANDER WHEN TOSSING BALLS TO YOURSELF, IT'S TIME FOR STEP 3 & 4 IN DEVELOPMENT. BEGIN STEP 3 HITTING OFF THE TEE WITH YOUR BACK KNEE ON THE GROUND. FIND YOUR PERFECT POINTS OF CONTACT BY AGAIN HITTING LINE DRIVES AT THE PITCHERS MOUND. STEP 4 IS HITTING SOFT TOSS FROM A PERSON IN A 45 DEGREE ANGLE SITTING 12 FT. AWAY FROM YOU. HIT THE BALL AT THE MOUND UNTIL YOU'RE CONSISTANTLY MAKING PERFECT SOLID CONTACT. MAKE SURE YOUR PARTNER IS BEHIND A SCREEN. YOU WILL UNDERSTAND WHY AS YOU START HITTING BALLS. "RELAX AND HIT BALLS ONLY UP THE MIDDLE" CONTINUE TRAINING YOUR TOPHAND EVERY CHANCE YOU GET. YOU WILL SEE MAJOR CHANGES IN POWER AND QUICKNESS WHILE HITTING WITH BACKSPIN.



POOR HAND POSITION
DURING CONTACT

THIS CONTACT POSITION CLEARLY DEMONSTRATES GOOD STRENGTH IN A HITTERS TOPHAND. THIS PLAYER HAS EXCELENT POWER AND CAN DRIVE ELITE FASTBALLS



THIS CONTACT POSITION CLEARLY DEMONSTRATES A LACK OF SOLID STRENGTH IN A HITTERS TOPHAND. IT ALSO IS A VISUAL AID SHOWING PREMATURE TOPHAND ROLLING. NOTICE THE HITTER HAS NOT YET LEARNED HIS PERFECT POINT OF CONTACT. THIS SWING RESULTS IN A SOFT GROUND OUT TO THIRD.



STRONG HAND POSITION
DURING CONTACT