

NOCA's Hitting Builds

Hitting Systems that insist on rigid mechanics and Forced Submission for all players do not Customize. By definition, a lack of Customization is **Suboptimal**. These systems and Instructors truly only help the “Bad” Hitter become “Less Bad”. They do nothing for the Elite Hitter, except hold him back. Your Swing should be Customized, period.

How one person moves his body, communicates to himself (Nueromuscular), and digests coaching is different from another person. If someone is forcing you into a system, arguing the correct language (semantics), and insisting that their way is the only way, then you are in the wrong climate will never reach your highest levels as a hitter.

NOCA's Hitting Builds are a series of **Principles** used as **Personal Check-In's**. The intent is to provide a **Guide to Your Personal Method** and encourage each hitter to **Build** His Own Swing.

- **Principles** are **Plot Points to Your Aligned Goals**. You, your coach, your Instructor, your parents, and anyone else that is part of your **Support Team** should all be aligned to the **Goal**. Without Goal Alignment, you're just swinging.
- **Plot Points** are simply the **Personal Check Ins** along this continual journey that you'll use to **Constantly Self Assess**.
- Come to the reality that **there is No Finish Line**. This will require constant work, constant self-assessing, constant experimentation, and constant Open Mindedness.
- The **Initiative** must come from the Hitter. Don't do it for him! This is his swing and baseball is even his game. It just can't be more important to someone else other than the hitter.
- **Methods** are how we get from Plot Point to Plot Point. Everyone will have different Methods, but similarities amongst hitters are certainly present. Drills, BP. Flips, Tee Work, and everything else is on the table.
- **Your Filter**. Hitters should be able to experiment and process anything. If it doesn't align with their body (doesn't “feel” right), then discard. This is **Your Filter**.
- Hitters should go find **Mirrors**. This just means that certain hitters are similar to each other (size, approach, look) while other hitters can be absolutely nothing alike. Find a Mirror that has high level hitting success, and that's more likely your personal hero.

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Go watch Jose Altuve and Josh Donaldson. Both MVP's. Both with radically different Swings. What's similar? They both know their own swing and both are under sized.

Below is *NOCA's Hitting Builds*. We will be teaching these components during Academy Nights. We only have a very short period of time to work with hitters at Academy Night. Therefore, we focus on the message of Feel and Customization. Below is a condensed Itinerary. Know that there may a million variances to everything below, and there certainly may be a million more items not on the Itinerary. But we feel that it's a very good start.

Stride Alignment Checks (Eyes Open / Eyes Closed)

- Toe Down, Heel Up
- Batter's Lane, Not Pitcher's Lane

Posture at Foot Strike

- Vertical Stacking vs Tower of Pizza
- Chin Behind Stride
- Kinetic Stretch (Rear Scap to Front Side; Rear Scap to Back Hip)

Bat Tip Awareness

- Halo to Lasso
- Flexed Arms, Flexed Wrists
- Scapula Reception

Weight Shift

- Lower Half Drive/Commitment
- Scap Load to Toe Touch
- Front Hip Load to Heel Plant

Connection

- Back Elbow / Bottom Hand Barrel Lag

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- Connection Ball Drill: No Barrel Release
- Connection Ball Drill: Barrel Release

Contact

- Bosu Ball Stabilizers
- Top O' The Zone Flips
- Offset L Screens

Finish

- Spine Stabilizers
- Knee Drop to Low Tee