

# SUPER 8 HITTING SYSTEM™

A SUPER practice chart illustrating the key steps in hitting

- Allows for the baseball player to practice correct hitting techniques using the chart as a guide.
- Rehearsing these steps consistently with a bat, or speed bat, in simulation, will improve hitting performance.
- These steps are done in dry run (no ball). Practice using the following procedure:

1. **WALK THROUGH:** Freeze frame each step to get a feeling for each position, as illustrated.
2. **SLOW MOTION:** Once you have mastered each step in *walk through*, feel each step using a slow motion swing.
3. **MEDIUM SPEED:** Swing with a smooth gliding action, maintaining the correct techniques throughout the stroke.
4. **GAME SPEED:** After mastering the first three steps (*walk through, slow motion, and medium speed*) explode the bat through the strike zone, using the correct technique.

## Skill Development and Coaching Points



### THE SWEEP

The hitter opens up the stroke by moving his hands away from the body with his initial action, arcing the backside of the stroke.



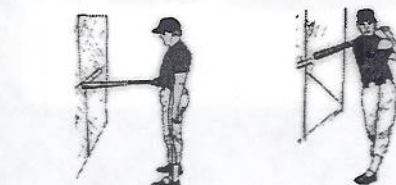
This stroke causes a long sweeping action to the ball, decreasing clubhead accuracy and velocity.

### THE LOOP



The hitter who uses this stroke does not go directly to the ball and loses clubhead accuracy and power. When the hitter loops, his clubhead travels almost twice the distance in order to make contact with the ball, making it difficult to hit good pitching.

The hitter allows for the bat to loop causing poor contact with the ball. The barrel is below the hands as the bat drops down on the backside. This creates a hole in his stroke above the beltline.



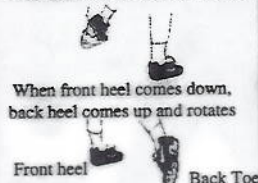
### TAKING THE SWEEP OUT OF THE STROKE

**FENCE DRILL:** Eliminates arcing on the backside

- \* Use the regular bat.
- \* Place knob of bat against belly button and tip against the fence.
- \* Take dry swings (no ball)
- \* If we sweep the bat, we'll hit the fence.

### PROPER PIVOT ACTION

Stride lands on the ball of the foot

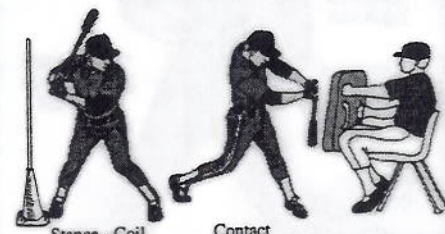


When front heel comes down, back heel comes up and rotates

Front heel Back Toe

### CONTACT:

The hands snap the bat similar to hitting a tree with an ax.



**MATT DRILL:** \* Guidestick is placed at rear foot. If the swing is long or sweeping, the bat will hit the guidestick.

- \* Snap the hands on contact making sure top hand faces up; bottom hand faces down.
- \* Drill can be used with or without a stride.
- \* Start slowly and gradually pick up the pace.



**FRONT ARM**  
L-Position  
**BACK ARM**  
V- Position

**DRIVE POSITION**  
Keep the L  
Keep the V

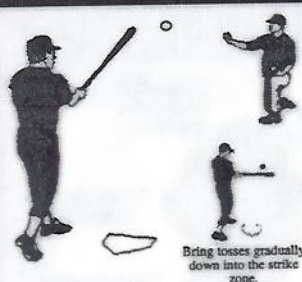
**CONTACT**  
Bottom hand faces up  
Top hand faces down  
Contact out front

**POWER POINT:** This is where the wrist explodes through the ball going from contact to first extension. The power hand should be facing up in contact.



Power Point  
Contact

First Extension



**OVERCORRECTION DRILL:** For hitters who have a problem with uppercutting and lifting the front shoulder. (Use wiffle balls)

- \* Toss the ball extra high. Hitter takes action like tennis serve.
- \* Make sure to hit a line drive, keep front shoulder down.
- \* Bring tosses gradually down into the strike zone.
- \* Hitter keeps the same good shoulder rotation.

### TAKING THE LOOP OUT OF THE STROKE

The most common problem that hitters have is that they begin the stroke by lifting the front shoulder, causing the body to tilt and the hands to drop. This creates a loop in the stroke.

The overcorrection drill forces the hitter to keep the front shoulder down as he hits the ball with the bat on a vertical plane.

### SPEED-BAT™

World's Greatest Youth Training Bat



Specially designed for use in the the Super 8 Program.

Develops:  
Proper grip  
Proper Stroke  
Bat Speed  
Power  
Consistency

### Joe Brockhoff

- Former Tulane University Head Baseball Coach (1974-1993)
- To honor Coach Joe Brockhoff, in 1993 Tulane University retired his uniform number 25.
- Over 600 wins as a college coach
- 7 NCAA Regional appearances
- 3 Metro Conference Baseball Championships
- Over 400 guest appearances instructing baseball nationally and internationally



"If you ever have the opportunity to hear what Joe Brockhoff has to say about hitting, you best listen. He is considered to be E. F. Hutton when it comes to offensive baseball. When he talks, people listen."

Dwayne Bailey, Hitting Coach  
Louisiana State University (1992)

