

## Learning to Hit: Coaching Tips

### Basic Hitting Mechanics

- Keep your eye on the ball.
- Keep your head down.
- Swing level.
- Relax your grip.
- Use your hips to produce the power.

### At Olmsted Medical Center

Olmsted Medical Center's Sports Medicine & Athletic Performance department offers many programs to teach and refine your skills. To sign up for a program or talk with our throwing specialist, call 507.535.1977.



- Throwing Evaluation Program
- Group Overhead Programs
- Summer Strength, Agility, and Quickness (SAQ) Programs
- Personal Training Program