



## The Art of Hitting .300

*By Charley Lau, Alfred Glossbrenner, Tony LaRussa, Charles Salzberg*

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**The Art of Hitting .300** By Charley Lau, Alfred Glossbrenner, Tony LaRussa, Charles Salzberg

Charlie Lau studied the art of hitting for his entire professional career. As a journeyman catcher for Detroit and later for Baltimore he had a unique vantage point for observing just what it is that makes some batters successful while others of equal or greater ability go hitless game after game. His observations led to questions-many of which had never been asked before-about hitting, about how to maximize your power, and about many of the old rules of thumb everyone had always accepted as given.

Taking full advantage of the latest videotape and photographic technology, Lau vigorously pursued the answers to these questions, spent countless hours experimenting with different techniques, and analyzed the hitting styles of hundreds of batters. Gradually, he realized the mechanics and keys of good hitting and his system of teaching evolved.

A natural teacher, Lau, used his knowledge to improve the batting averages of the Orioles, the A's, the Royals, and the Yankees. And through his work with individual players, such as Hal McRae and George Brett, he earned a reputation as one of the most respected and effective hitting instructors in the game. Few people knew more about hitting than Charley Lau, and no one was better qualified to show you how to become a consistent hitter. Lau passed away in 1984.

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