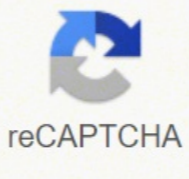


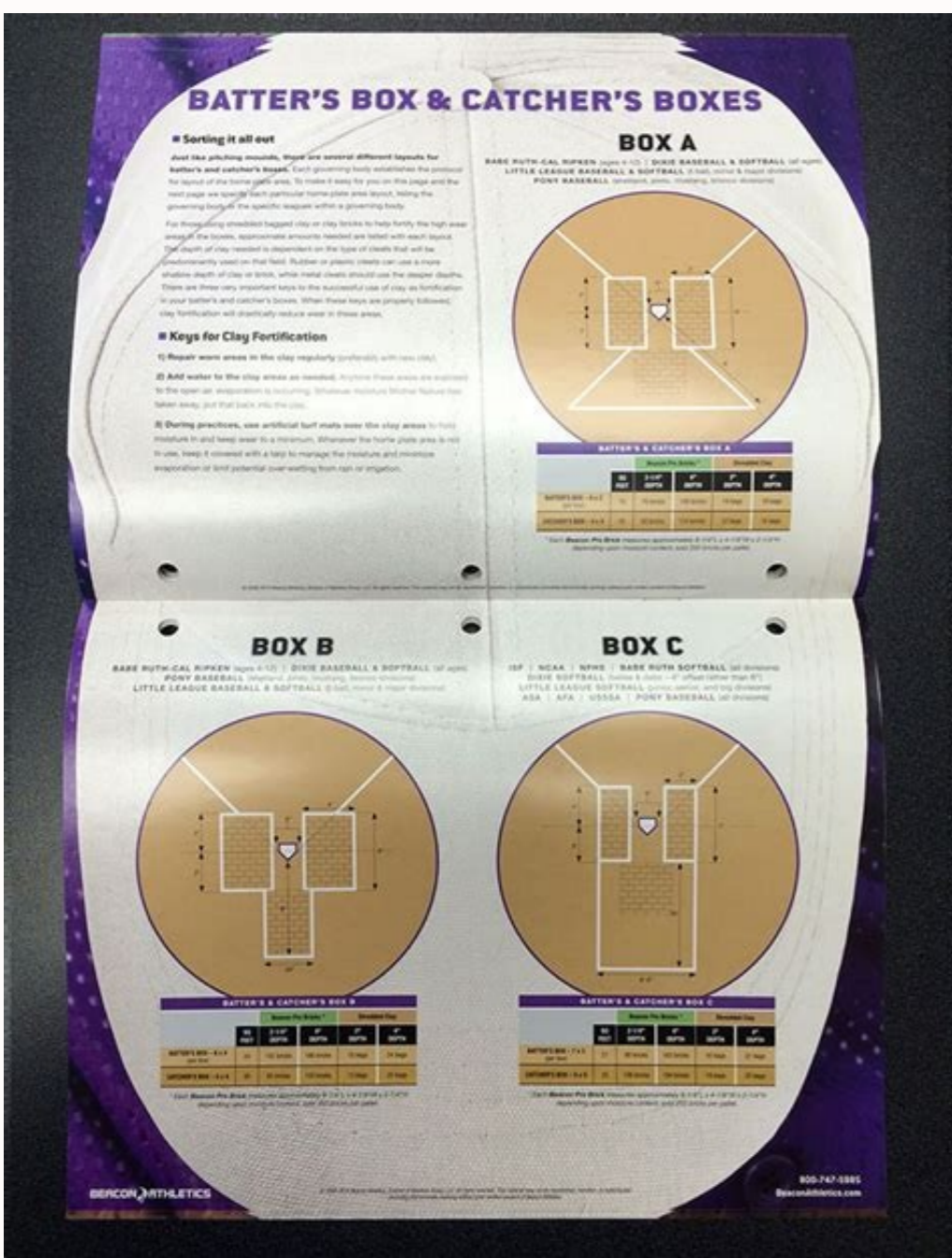


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Baseball bat fitting guide



This can be great for a balanced, powerful swing, but mishits can cause stinging in the hands. A bat's drop is the measurement determined by subtracting the weight of the bat from its length. Having the right bat length can help you find middle ground between these two scenarios. Finding the right baseball bat for your needs can be a fun way to personalize your equipment list. This can help give you a more visual cue when searching. If you can comfortably reach the top of the bat with your fingertips, the bat is the right length. The three most common governing bodies for bats are USABat, USSSA and BBCOR. Here are a few tips to help make your next bat purchase a little easier. Check out our guide on how to buy a wood baseball bat. They have a smaller sweet spot but are great in any temperature and even tend to last longer due to their durability. Position the bottom of the bat in the center of your chest, facing outward. While this chart can help get you started, use the measuring techniques described to find your ultimate fit. Players between the ages of 14 and 18 will likely need a bat meeting BBCOR bat standards. The USABat standard creates a more wood-like bat performance in youth bats while still allowing players to swing lightweight models. To standardize purchasing, most wood bats feature a -3 drop. Two-piece bats can also withstand vibrations, making them a good option for players looking to curb that stinging feeling. These leagues often have the standard logo stamped somewhere on the barrel or face of the bat. Again, be sure to check with a coach or league official prior to purchase to ensure your bat meets league requirements. The way a bat feels in a ballplayer's hands is always going to be more important than any material performance review. Larger, stronger players tend to favor less of a drop weight, which can result in increased power. They are more expensive and require a break-in period of about 150 to 200 hits. If you're unable to hold a bat and measure using these methods, use this size chart as a guide. If you take multiple swings and the bat feels heavy or begins to drop, then it's probably too heavy for your needs. USSSA (United States Specialty Sports Association) provides energy transfer bat regulations for leagues governed by USSSA. Too long, and you can risk compromising bat speed or swing mechanics. Every league, regardless of age, will follow a specific bat standard for their equipment regulations. LENGTH With your bat standard narrowed down, your next determining factor should be your measurements. There are three ways you can measure whether a bat is the right length: Place the bottom of the bat in the center of your chest, pointing it to the side, parallel to your outstretched arm. Be sure to look at the "drop weight" as well. Try holding the bat handle and extending your arm to your side. Understanding what to look for when choosing a baseball bat has a few requirements. The main difference between these two options is how much flex and energy transfer your stick will have. BAT ANATOMY Before digging into which baseball bat to choose, you should first get familiar with the various parts of your lumber. Hybrid options are also available. Find a safe place for some practice swings, such as the HitTrax Batting Cages at DICK'S Sporting Goods. But with varying lengths, weights and materials, finding the right one for your skill level and unique swing can be a difficult task. Two-piece bats are constructed by fusing a barrel and handle together. Beginning from the bottom, the knob helps keep your hands in place as they hold onto the grip of the bat. For example, a bat that weighs 20 ounces and is 30 inches long will have a drop of -10. ONE-PIECE VS. Take some cuts with bats that are the right length and weight. AGE AND LEAGUE When choosing a baseball bat for your upcoming season, one of the first things you should look at is your league rules. Wood bats can be made from different trees, such as ash, maple or birch. To give a general starting point: Players between the ages of 4 and 6 will likely need a tee ball bat. The barrel is where you should look to make contact with the ball. A bat is a must-have piece of equipment for baseball players. This can help reduce the stinging felt after making poor contact. The greater the drop weight, the lighter the bat. Bat length can affect your swing mechanics and plate coverage. MATERIALS There are two main materials you will see when choosing a bat: wood and metal. Your league information, some measurements and your personal taste can help you find a perfect stick for your swing. Upon contact, there is little flex or give in the bat, resulting in little or no energy loss. Still have questions about wood bats? Lastly, an endcap can help improve your bat's control while limiting the added weight. Varying wood types can yield different qualities. If you can't hold the bat extended for 30 to 45 seconds, the bat might be too heavy for you. Next, your bat's diameter tapers from the skinny handle to the wider barrel. Smaller players can benefit from greater drop weight, which can help with bat speed. Stand the bat up against the side of your leg. Alloy bats can be more affordable than their composite counterparts. Whichever material feels more natural to you should be the one you choose. Players between the ages of 7 and 13 will likely need a USA bat or USSSA bat. Use these baseball Pro Tips to help find your sweet spot with the perfect bat and get the most out of your swing this season. BBCOR (Batted Ball Coefficient of Restitution) creates the same wood-like performance in adult baseball bats, even after they're broken in. Composite bats tend to have a larger sweet spot and put out less vibration to the hands. If the end of the bat reaches the center of your palm when you reach down, it's the appropriate length. Choosing the perfect baseball bat is not as easy as it used to be. Improvements in technology have created more options than ever before, but this also means a better chance that you will find the baseball bat that was absolutely meant for you. Whether you are just getting started and need a Tee Ball Bat, playing travel ball and need a USA Baseball Bat or a USSSA Baseball Bat, or you are an older player looking for the hottest BBCOR Baseball Bat, Baseball Express has you covered. These bats are typically made with composite handles, which minimize vibration, and alloy barrels, which require no break-in time. This means there's no break-in time required. Every bat can be broken down into five essential regions: the knob, grip, handle, barrel and endcap. As the name suggests, one-piece bats are a continuous piece of metal. WEIGHT The best weight is very much based on feel. TWO-PIECE BATS A final note to consider when choosing the right bat for you would be selecting a one-piece or two-piece design. Alloy bats, or aluminum baseball bats, are ready for use right out of the wrapper. If your arm can reach out and grab the barrel of the bat, then it is the correct length. Too short, and you can limit your plate coverage, giving up a portion of your strike zone. This split design can create more flex and "whip" in the swing, resulting in faster bat speeds.

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