



IBEC USA INSTRUCTION BASIS

GUIDANCE OF BATTING MECHANISM

- *Focusing on the axis of rotation (Pivoting your pelvis)
Training on swing your bats from the inner side.
- *The rotation of the upper body
Focusing on how to coordinate your chest muscle and scapula.

GUIDANCE OF PITCHING MECHANISM

- *Translational motion of pitching
Learning how kinetic energy translate into your pitching motion.
- *The rotational movement of pitching
Understanding how the pitching arm and leading arm interrelate.
- *The core of gyration and how it effects the pitch.
Comprehending how to fully and efficiently apply the force gained by gyration of the core of the body.

GUIDANCE OF FIELDING MECHANISM

- *Hand eye coordination
Focusing on how to approach the batted ball.
- *The connection of the upper and lower body.
Learning how to smoothly shift from fielding to throwing.