



Lau's Laws on Hitting: The Art of Hitting .400 for the Next Generation; Follow Lau's Laws and Improve Your Hitting!

Charley Lau Jr.

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Baseball is back! And the focus of many fans is almost always on hitting. All of which makes it a great time for *Lau's Laws on Hitting. The Art of Hitting .300* (Dutton) by Charley Lau and Alfred Glossbrenner was published in 1980. It is still in print and, as of early 1999, has sold over 85,000 copies. *Lau's Laws on Hitting* will both build on that success and pick up where the earlier title left off.

Written by a man who is not only the son of the most famous batting coach of all time, but who is also a professional hitting instructor with an impressive track record of his own, this book incorporates two decades of new information, observations, teaching techniques, player analysis, and refinements to the Lau System. And, in response to numerous reader requests, it includes sections specifically designed to help coaches at all levels teach the Lau System most effectively.

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Nicholas Hess:

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David Gehrke:

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