

Hitting Aids: Do They Really Work?

February 14, 2012

To increase bat speed, most baseball players use a [batting donut](#) as well as a number of aids like:

[Pitcher's Nightmare](#) / [Schutt Dirx warm-up bat](#) / [Draz weighted batting gloves](#) / [Pow'r Wrap](#) / [Power Fins](#)

but **do they really work?** The latest research says **NO**.

In [this 2011 study](#):

EFFECT OF VARIOUS WARM-UP DEVICES ON BAT VELOCITY OF INTERCOLLEGIATE BASEBALL PLAYERS

where they found:

baseball bat. Results indicated that there were no statistically significant differences in BV after using any of the 10 warm-up

And recommend a specific weight range to help with bat speed:

the most adverse effect on BV (4-6). This research suggests that there is a specific percentage of the standard implement weight ($\pm 12\%$) that produces the most positive effects on BV.

The same results were also see in softball players in [this 2012 study](#):

EFFECT OF VARIOUS WARM-UP DEVICES ON BAT VELOCITY OF INTERCOLLEGIATE SOFTBALL PLAYERS

NO BENEFIT seen in softball bat speed:

same standard softball bat. Results indicated that there were no statistically significant differences in BV after using any of the 8 warm-up devices (510.3-2,721.5 g or 18-96 oz) similar to in previous baseball research. This indicates that the results for

And they concluded:

similar to in other previous baseball research, it is not recommended that female intercollegiate softball players warm up with the popular commercial donut ring in the on-deck circle because it produced the slowest BV.

So DON'T waste money on hitting aids. Focus on the bat you use.

Have a Question About This Newsletter?

Email (PitchingDoc@msn.com) or call (631-352-7654) Dr. Arnold!