



Cage Rat: Lessons from a Life in Baseball by the Yankees Hitting Coach

Kevin Long, Glen Waggoner

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The Hitting Coach for the New York Yankees, Kevin Long trains power-hitters in the fine art of hitting a baseball well—a talent the legendary Ted Williams once called, “the most difficult skill in sport.” In *Cage Rat*, the man who helps sharpen the mechanics of such superstars as Derek Jeter, Jorge Posada, and Alex Rodriguez shares the expertise he honed over his more than two decades in the game as both player and coach. With an introduction by Alex Rodriguez and an Afterword by Robinson Cano, *Cage Rat* is an indispensable guide to hitting, filled with practical advice, fascinating behind-the-scenes action, and an enduring, inspiring love for the Great American Pastime.

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