

DEVELOPING SNIPER-LIKE BARREL ACCURACY

OVERVIEW:

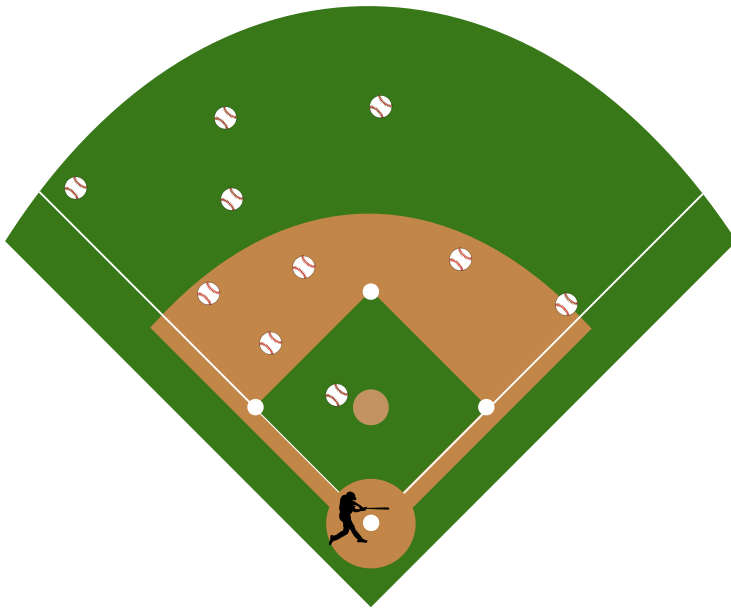
Barrel accuracy is hitting the sweet spot of the ball on the sweet spot of the bat consistently. Do this, and good things happen: more hits, better at-bats, more wins. At the end of the day, it's all about being barrel accurate—even if your mechanics aren't perfect. Think about it like this:

Your mechanics can be perfect, but if you don't hit the ball on the barrel, what's the point?

PROPOSE:

Determine if your barrel accuracy drills are helping or hurting your on-field barrel accuracy

During field BP (not cage), take 10 swings and ONLY count the barrel-accurate line-drives that are guaranteed game hits — loud, clean, and jumping off the bat.



10 swings:

5 - Ground Balls

3 - Pop-ups

2 - Line Drive Hits

**Barrel Accuracy
20%**

EVALUATE:

Is your barrel accuracy 70% or better?

YES

Keep using your Barrel Accuracy drills and continue to improve until 100%

NO

Replace drills with ones that will improve Barrel Accuracy by 10% or more

RETEST:

After 30 days, retest and reevaluate