

DEVELOPING YOUR HITTING APPROACHES

OVERVIEW:

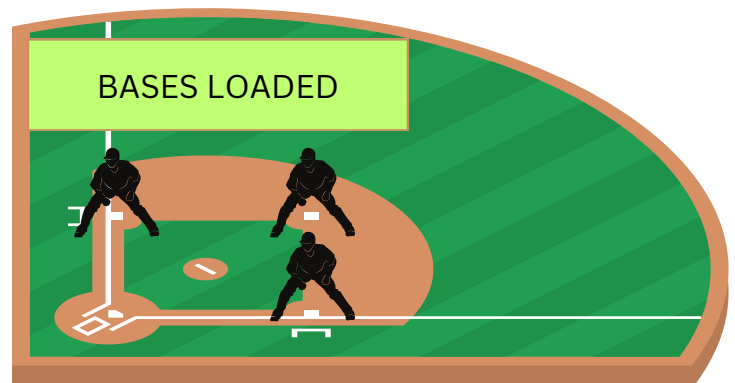
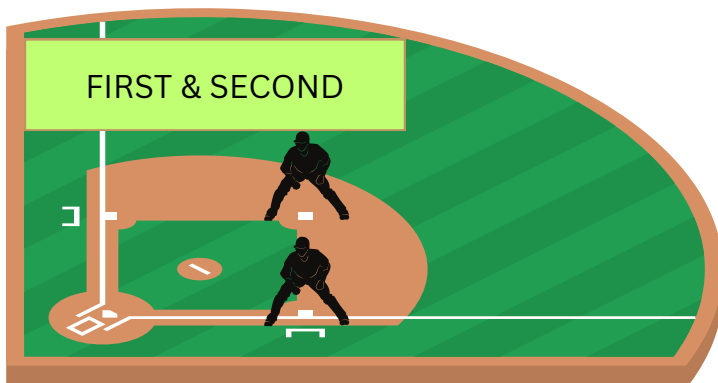
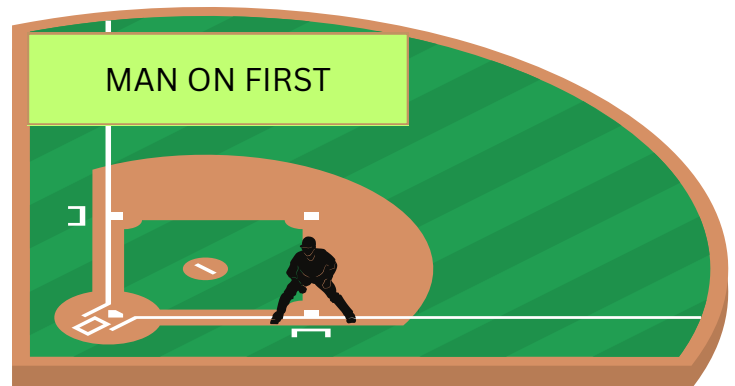
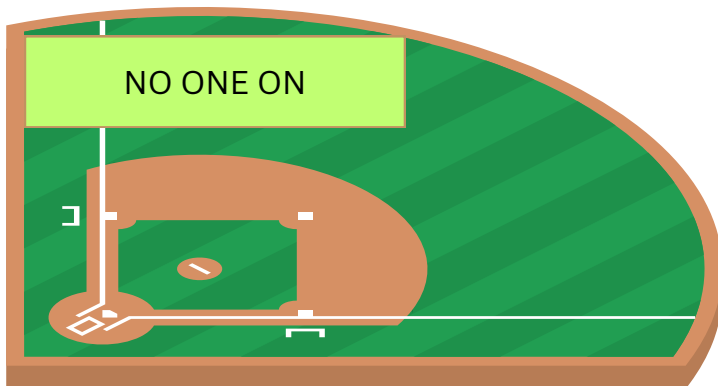
Success at the plate is not random or by chance. Success is planned and executed purposefully and intentionally through the use of specific tactical hitting plans called approaches. These approaches give the hitter an offensive goal that will vary depending upon the situation he is hitting in. By creating, adjusting, and executing these approaches, successful execution becomes simpler and easier to execute. Without these approaches, the complexity of successful hitting becomes exponential with every level you rise. Think about it like this:

Without an approach, you are just an out waiting to be recorded

PROPOSE:

This activity helps you identify situations you'll be called to hit in and build approaches that fit your unique swing and role in the lineup, giving you the greatest opportunity to create impactful offense.

Simulate real-game scenarios a hitter will face in the cage or on the field. Identify what you are trying to accomplish for each situation, then execute your hitting approach to achieve successful offensive outcomes.



There are only 3 successful offensive outcomes:

Draw a walk

Get a hit

Move the runner