

DEVELOPING EXECUTION USING SIMULATIONS AND SITUATIONS

OVERVIEW:

A hitter's one job is to make hitting easier—leadoff for hits, power for extra bases—using swings, cues, drills, approaches, and adjustments. Through Competitively Closed Simulations and Open Situations, we engineer drills with consequences and rewards to replicate game stress, letting hitters develop, hone, apply, and experiment—building competitive execution that wins championships. Think about it like this:

PROPOSE:

Why are you playing if its not to win something?

Build competitive execution by practicing purposeful, intentional offense in game-like scenarios under pressure with consequences and rewards—turning tools into wins.

Simulate real-game scenarios a hitter will face. Identify the specific offensive goal for each situation, then execute your hitting approach to achieve successful offensive results.

Simulations are imaginary

Hold yourself accountable when practicing approach Simulations “Sims” by adding consequences/rewards for unsuccessful or successful execution

Situations are Intersquads, win drills, or even actual games

Hold yourself accountable when executing approach Situations “Sits” by adding consequences/rewards for productive or unproductive at-bats.

NO ONE ON

MAN ON FIRST

Productive At-bat

Unproductive At-bat

FIRST AND
SECOND

BASES LOADED

Rules:

- Not too tasking
- Easily and instantly collected/paid

Fun:

Silly Dance
Sing a Song
Cartwheels

Physical:

Pushups
Burpees
Squat jumps