



Offensive Approach

- 1) Swing the bat.
- 2) That is a joke. But it also isn't a joke. The biggest problem we have from our players across the board is taking fastballs in fastball counts.
- 3) Cardinal rule – We do not take fastballs in the strike zone with runners in scoring position.

General hitting approach

First part of general hitting approach, where are we trying to hit the ball? The greatest hitters have one thing in common, they are trying to drive the ball to the opposite field. Why? Not because they actually want to hit it here, but because this allows your timing to be correct.

Freddie Freeman on approach (watch first 2 min) -

<https://www.youtube.com/watch?v=VBGjLcNTbLw&t=96s>

Mike Trout on Approach (first 45 seconds)

https://www.youtube.com/watch?v=ne_7xhj-Huc

Again, the approach in the cage and at the plate should be trying to drive the ball to right field (Then let the pull swing happen, as it is a natural reaction that requires little practice).

General hitting approach (pitch selection)

95% of hitters are better at hitting fastballs than anything else. It is straight, it doesn't move, and it is the most common pitch in the zone. Because of this, our approach that we encourage is attack the fastball. We encourage our guys to go up there being aggressive at the plate and not to wait. If you get a fastball in the zone for first pitch, the vast majority of the time, this will be the best pitch you see that at bat. Attack it.

Two Strike Approach

Our second biggest flaw across the board at this level is two strike approach. Once we get down to two strikes at the plate, we change our approach completely. Strikeouts are the worst thing you can do offensively, so our objective is to prevent the strikeout. We change into a defensive hitter, and protect the zone. We are no longer looking for a good pitch to hit, but trying to put the ball in play on anything close to the zone. If we go down with two strikes, go down swinging. Avoid going down looking.

Situational Approach

The next level up from general approach is situational approach. This involves analyzing the particular situation in the game and knowing what you need to do at the plate. Is there a runner on second with no one out? At a minimum, we need you to move him over. Hit the ball to the right side. Is there a runner on 3rd with less than two outs? Is the infield back or in? Hit a grounder up the middle or elevate the baseball to score the run. Are we calling for a sac bunt with runners at 1st and 2nd in a close game? What side of the field do you need to bunt it to? These are the particular steps you should be going through each at bat. Know what you need to do to help the team and how to do it.