

BASEBALL SOLUTIONS

Have a plan at the plate

Many can hit, but few are GREAT hitters. During your at bat the count changes with each pitch. You are either ahead in the count, behind in the count, or even in the count. Great hitters have a rock solid approach for each at bat. They have a plan.

- When does your at bat start?
- What can we learn by watching our teammates at bats?
- What can I learn from watching the pitcher warm up?
- “Look” for a certain pitch vs “Guess”
- Split the plate in half

Professional Hitters Approach

