



**I. Foundation of Swing**

**II. Preparation**

- Muscle memory (what is?)
- Quality prep leads to confidence

**III. Look for a pitch vs Guessing**

- Split plate in half
- Once in batters box, what are you looking at?
- See ball out of hand (you can identify type of pitch)

**IV. Hitters Counts**

- 0-0, 1-0, 2-0, 3-0, 1-1, 2-1, 3-1

**V. Hitting myths**

- Look FB react CB vs Look FB let CB/off speed go
- Best advice you WILL EVER HEAR on how to hit a CB/off speed pitch

**VI. Approach**

- You probably have a defensive approach more that you realize
- Adjusting to offensive approach

**VII. Attitude of confidence**

- I have prepared well
- I get 3 strikes; only need 1; pitchers #1 job is to throw strikes

**VIII. Hitting journal**

Hard Hit Ball	AB1	AB2	AB3	AB4	AB5
Deep Fly Ball					
Line Drive					
Hard Ground Ball					

Not Hard Hit Ball	AB1	AB2	AB3	AB4	AB5
Pop-Up					
Soft Ground Ball					
Soft Line Drive					
Swinging Bunt					

Quality At Bat	AB1	AB2	AB3	AB4	AB5
Walk					
Advance Runner					
RBI					
Sac (Bunt/Fly)					
Squeeze					
7+ Pitch At Bat					
Base Hit (Hard Hit)					

AB#	Pitch Hit	Pitch Hit	Count
AB1	Off-speed	Fastball	---
AB2	Off-speed	Fastball	---
AB3	Off-speed	Fastball	---
AB4	Off-speed	Fastball	---
AB5	Off-speed	Fastball	---

