

# THE LITTLE LEAGUE® HITTER'S JOURNAL

A LITTLE LEAGUE BASEBALL® GUIDE



**TRACK YOUR PROGRESS**  
at the Plate with This Handy Logbook

**MARK GOLA and DAVE GALLAGHER**



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at the Plate with This Handy Logbook**

**MARK GOLA and DAVE GALLAGHER**

***McGraw-Hill***

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# CONTENTS

Preface	v
Acknowledgments	vii
Introduction	ix
Using the Logs	xiii
<b>1 The Hitting Zone vs. the Strike Zone</b>	<b>1</b>
<b>2 Anxiousness, Anxiety, Anger</b>	<b>17</b>
<b>3 Fear Factor</b>	<b>33</b>
<b>4 Hitting Strikes: Inside, Outside, High, and Low</b>	<b>49</b>
<b>5 Working Out of Slumps</b>	<b>65</b>

<b>6</b>	<b>Ground Ball Outs to the Pull Side</b>	<b>81</b>
<b>7</b>	<b>Pop-Up/Fly Ball Outs</b>	<b>97</b>
<b>8</b>	<b>Finding a Hitting Approach That Works</b>	<b>113</b>

# PREFACE

I can remember the night like it was yesterday. I was in a restaurant in Wassau, Wisconsin, following yet another uncomfortable night at the plate. I was having dinner with Butch Miller, my coach for two seasons at Mercer County Community College in New Jersey, who had come out to see me play. “Butch, I’m really struggling and I can’t put my finger on it,” I said. Coach Miller responded by asking me a simple question: “Why did you change your swing?”

I was dumbfounded by his question. I didn’t even realize that I *had* changed my swing. In fact, I had trouble remembering how I stood at the plate in college. After just a year and a half of pro baseball, I couldn’t recall the stance and swing that had given me so much success and confidence in college. I begged Butch to describe what he remembered, and I even asked him to get up from the dinner table to demonstrate.

I learned a valuable lesson that night that meant more to me than any tip I could have been given in a batting cage. I learned that if I wanted to take control of my baseball career, I had better know my swing inside and out. Simply put, if I like the swing I just took, I’ll try to repeat it. If there is a breakdown, I will identify it and make an adjustment. I dedicated myself to learning and understanding my own swing and feel it is what catapulted me to the major leagues for nine incredible seasons.

Identifying a swing fault and correcting it is a process that is easier said than done. Practice certainly helps, as does experience. But what helped me the most was logging my at bats and studying the information. It enabled me to recognize patterns that led to my successes and failures. Whether a mental approach or mechanical breakdown was the source of my struggles, I was able to detect it before wasting too many games listening to five different well-meaning people tell me what *they* thought I was doing wrong. Logging at bats and studying patterns has been practiced by hitters in professional baseball for years.

*The Little League Hitter's Journal* is the perfect complement for aspiring hitters who strive to get better. This book is a personal guide that will improve your batting average dramatically and in the process allow you to compile a collection of baseball memories that will last you a lifetime.

Good luck.

—Dave Gallagher

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The friends who help me in a variety of ways: Ed Gola, Dave Norris, Norm Coryell, Chad Wallace, and “batter number four,” Kiki Enderle

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# INTRODUCTION

Thanks to my coauthor, I spend the majority of my nights and weekends working with young hitters at Dave Gallagher's All-American Baseball Academy. Our primary goal is to develop each student into a better, more complete hitter. To do this, it's essential that hitters become experts on their own swing. We want all hitters to progress to a point where they no longer need us for instruction. Through trial and error, they become so in tune with their swing that they realize their mistakes and how to make corrections before anyone else even breathes a word. As Dave says, this teaching philosophy is a horrible business plan, but we feel great pride when hitters graduate to taking charge of their own careers.

Most hitters visit us on a weekly basis during the preseason months and then return for "tune-up" sessions during their baseball seasons. Phone calls for tune-up sessions usually indicate the hitter is struggling. When this is the case, we attempt to extract as much information from the hitter as possible. "Where are your outs? Are you hitting a lot of balls in the air or beating them into the ground? Are you balanced at the finish of your swing? What is your plate discipline like? Do you find yourself hitting in a lot of two-strike counts? What pitch locations give you trouble?"

The questions continue but usually fail to elicit a healthy supply of answers. Young hitters (and even their parents) can recite statistical results, but rarely can they tell you how they got there. This information is so critical because it often holds the solution to the problem. It's the meat and potatoes of hitting. Numbers will tell hitters they're struggling, but the mass of information that leads up to those numbers can uncover *why* they're struggling.

*The Little League Hitter's Journal* is a resource designed to help young hitters understand themselves. It provides a place for hitters to record, organize, and review personal information. By tracking their performance, hitters will uncover evidence that unveils areas of hitting in which they excel and elements that require an upgrade. This book guides readers in how to record the life of and then result of each at bat. Collecting this data enables the hitter to study and eventually determine what spurs good results and also those less desirable outcomes. In addition, the journal will serve as a family keepsake for fond recollections by players and parents in years to come.

## HITTER'S LOG PAGES

The greater substance of the book will consist of two-page spreads titled, "Hitter's Log." An area at the top of each spread is reserved for recording details before the game. Items such as the date of the game, the opposing team, starting time, weather and field conditions, starting pitcher, and place in the batting order document general background information. This will be followed by four entries for game at bats.

Recording this information takes little time, effort, or knowledge from parents in the stands. It entails noting general observations during each of their child's at bats, which typically last fewer than 90 seconds in a Little League game. A simple-to-follow system and key enables even novices of the game to enter accurate markings. Their children can then assist with feedback after the game.

Another feature of the book is titled "Four-Game Checkpoint." These pages categorize information from the prior four games and serve

as a progress report. Current trends and patterns, whether positive or negative, will surface for parents and players to observe.

*The Little League Hitter's Journal* also provides essays on hitting that discuss topics such as common swing faults, developing a hitting approach, understanding your hitting zone, and controlling emotions. Ten photos—each accompanied by a caption, a quote, and a drill—also offer interesting information for the reader. A two-page spread titled “Season Highlights” provides an opportunity to write down the most memorable moments of the season.

Readers will notice that the hitter is often referred to as “he” or “him” in this book. This is done simply to keep the presentation of information consistent. There are many exceptional young girls who play Little League baseball throughout this country, and they will also find great benefits in using this journal.

The first of its kind, *The Little League Hitter's Journal* is one of the most useful tools for hitters who aspire to develop and improve their craft. Information is valuable, but personal information is priceless. The best, most reliable hitting coach a player can have is the person in the mirror.

—Mark Gola

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# USING THE LOGS

After reading and experimenting with a variety of different hitting charts, we have designed a chart that is user-friendly. We understand that many players, parents, and coaches have never charted information before, so we've attempted to devise log pages that are serviceable to the beginner. However, these pages will enable the user to compile a wealth of information that is critical to developing hitters who understand their swings, patterns, and tendencies.

## HITTER'S LOG

Each two-page spread consists of four game at bats. On average, this is a safe number of at bats for a hitter during a baseball game. Should the hitter compile fewer than four appearances during a game, leave those at bat entries blank.

As the individual recording information, write down as much information as you can before the at bats begin. Fill out the "pregame" information at the top of each two-page spread before the game starts. Some example descriptions of the type of information to record can be found in the pregame portion of the spread in the sample copy.

# HITTER'S LOG (Sample Copy)

Date 5-14 Game Time 1:30 Opponent Lawrence Cardinals

Playing Conditions hot, humid -- 93° -- high grass in infield

I batted 5th in the lineup.

Pre-Game Notes lowered my hands in my stance

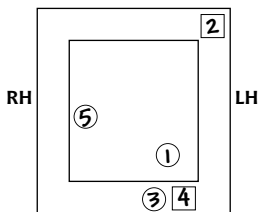
## 1st At Bat

(RH)/LH Pitcher Brown #24 Runners On Base 1st # Outs 1  
(circle one) (name/number)

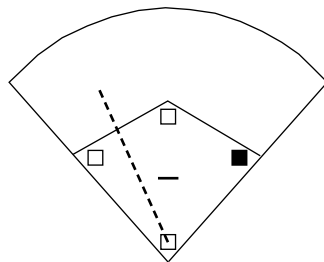
### Pitch Sequence

1st pitch FB-S 6th pitch \_\_\_\_\_  
2nd pitch FB-B 7th pitch \_\_\_\_\_  
3rd pitch CB-S 8th pitch \_\_\_\_\_  
4th pitch CB-B 9th pitch \_\_\_\_\_  
5th pitch FB-S 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact 2-2 At-Bat Result 1B Pitch Type FB RBIs —

Description of Batted Ball Hard ground ball in SS-3B hole

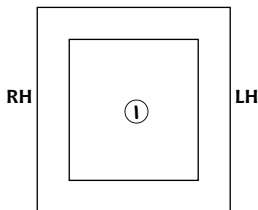
## 2nd At Bat

(RH)/LH Pitcher Brown #24 Runners On Base 1st, 2nd # Outs 2  
(circle one) (name/number)

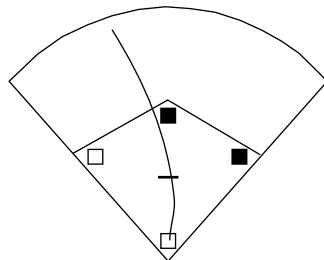
### Pitch Sequence

1st pitch FB-S 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact 0-0 At-Bat Result 2B Pitch Type FB RBIs 1

Description of Batted Ball Crushed a first-pitch fastball to left-center field.  
One-hopped the fence

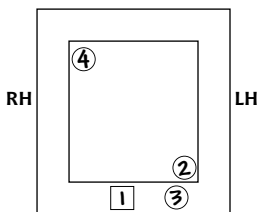
### 3rd At Bat

RH LH Pitcher Humphrey #28 Runners On Base — # Outs 1  
(circle one) (name/number)

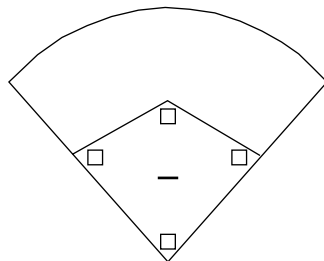
#### Pitch Sequence

1st pitch CB-B 6th pitch —  
2nd pitch FB-S 7th pitch —  
3rd pitch CB-S 8th pitch —  
4th pitch FB-S 9th pitch —  
5th pitch — 10th pitch —

#### Strike Zone



#### Location of Hit



Count at contact 1-2 K At-Bat Result K Pitch Type FB RBIs —

Description of Batted Ball Struck out on high, inside fastball. Also swung at a CB in the dirt.

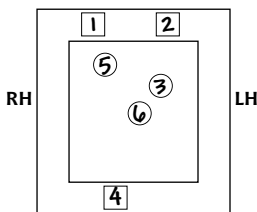
### 4th At Bat

RH LH Pitcher Haidu #18 Runners On Base 1st, 2d, 3d # Outs 0  
(circle one) (name/number)

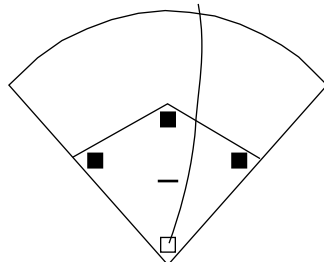
#### Pitch Sequence

1st pitch FB-B 6th pitch FB-S  
2nd pitch FB-B 7th pitch —  
3rd pitch FB-S 8th pitch —  
4th pitch CB-B 9th pitch —  
5th pitch FB-S 10th pitch —

#### Strike Zone



#### Location of Hit



Count at contact 3-2 At-Bat Result HR Pitch Type FB RBIs 4

Description of Batted Ball Towering HR to CF. Stayed very patient against an erratic pitcher.

#### Box Score

AB 4 R 2 H 3 RBI 5 2B 1 3B — HR 1 BB —

Comments/Notes Lowering the hands seemed to help get the barrel out earlier. Pitcher Brown had a good fastball. Humphrey was very tough. He kept the ball down. Great at-bat against Haidu (LH). Crushed his FB.

As your son or daughter walks up to home plate, fill out the information at the top of each at bat entry. Keep in mind that this information may change every at bat. The pitcher, number of base runners, and number of outs may change each at bat. Record this information before the at bat starts, so you're able to give your undivided attention to the first pitch.

## Recording Pitches

There are two steps to recording each pitch. First, write down the type of pitch and pitch result in the space provided under "Pitch Sequence." If it's a fastball for a called strike, write "FB-S." On a swinging strike, circle the "S." If the pitch is fouled off, circle the "S" and mark a slash through the circle. If the pitch is a ball, write "FB-B." Pitches other than a fastball are coded "CH," changeup; "CB," curveball; "SL," slider; and "KN," knuckleball. Most young pitchers throw only fastballs and possibly a changeup, so you won't need to worry about deciphering a variety of pitches.

If you're recording pitches and are unsure of what type of pitch is being thrown, temporarily print "OS" for off-speed pitch. After the game, ask your child what he or she thought the pitcher was throwing.

The second step is writing the location of each pitch. In the double box labeled "Strike Zone," the interior box represents the strike zone. The exterior box represents areas outside of the strike zone. Circle RH (right-handed batter) or LH (left-handed batter), and record pitch locations accordingly.

The first pitch of the count is represented by the number 1. Write the numeral 1 in the location the pitch is thrown and received by the catcher. If the pitch is a strike (swinging or called), circle the number. If it's a ball, draw a square around the number. This is important detail, especially if the hitter has a tendency to swing at pitches out of the strike zone.

## Location of Hit

The diagram of the baseball field is used to record the location and type of hit. Location simply means where the ball was hit. The type of hit illustrates whether the hit was a ground ball, line drive, or fly ball. (Note: you can also fill in the bases if there are runners occupying bases. This is an additional opportunity to record runners on base during the at bat.)

When drawing the line to illustrate the batted ball, the line extends from home plate to the final destination of the hit. To mark a ground ball, use a dotted line. You can even be specific with the type of dotted line you draw. The harder the ground ball, the longer and thicker your dots. Slow ground balls receive light dots. To mark a line drive, draw a straight line from home plate to where the ball lands (or is caught). For balls hit in the air, draw a curved line. Even if the ball is popped up to third base, draw a short, curved line from home plate to the point where the third baseman catches the ball.

## Count at Contact

Record the count of the at bat when the ball was hit. If the batter is hitting in a 2-1 count (2 balls, 1 strike) and strokes a single to left field, write in “2-1” in the space provided for Count at Contact.

## At Bat Result

The at bat result details what the hitter achieved during the plate appearance. “Hit” and “out” are much too general, so you’ll have to learn some codes to quickly describe the result of each at bat.

**Outs** To record outs, you must learn the code number for each position on the field. They are as follows:

<i>Number</i>	<i>Position</i>
1	Pitcher
2	Catcher
3	First baseman
4	Second baseman
5	Third baseman
6	Shortstop
7	Left fielder
8	Center fielder
9	Right fielder

Ground ball outs are labeled strictly with numbers. Fly ball outs are prefaced by the letter “F” and followed by the code number for the position of the player who caught the ball.

Here are a few examples. A ground out to shortstop would be labeled “6-3,” meaning the shortstop fielded the ball and threw to first base to record the out. A fly ball that is caught by the center fielder is labeled “F-8.” If the third baseman were to field a ground ball and throw to second base for a force play, it would be labeled “FC 5-4” (fielder’s choice). A double play from third base to the second baseman to the first baseman would be labeled “5-4-3 double play.”

Strikeouts are labeled “K.” If the batter strikes out looking (called third strike), mark a reverse “K” to note the difference.

***Reaching Base Safely*** Hitters reach base in a variety of ways. Here are traditional codes for batters who get on base:

1B	Single
2B	Double
3B	Triple
HR	Home run
BB	Base on balls (walk)
IBB	Intentional base on balls
HBP	Hit by pitch
E	Error (error on the shortstop would be labeled “E-6”)

**Sacrifice Outs** There are certain game situations that call for batters to sacrifice to advance a base runner or score a run. Although they make outs, they are credited with a sacrifice:

SH	Sacrifice hit (bunt): runner advances on a bunt
SF	Sacrifice fly: runner scores on a fly ball to the outfield with fewer than two outs

Note: when the batter walks (BB or IBB), is hit by a pitch (HBP), hits a sacrifice fly (SF), or successfully executes a sacrifice bunt (SH), he or she is not charged with an official at bat. This is important to note when calculating batting average.

## RBI

The space for RBIs records runs batted in on the at bat. If there are runners on base and they score on the batter's hit, he or she receives RBIs. Any time a runner scores as a direct result of the hitter's batted ball, the hitter is credited with an RBI. The only time the hitter does not receive credit is on a defensive error or if the batter grounds into a double play.

Try to record all the data for each at bat immediately after the at bat. The information is fresh and it takes only a few seconds. By waiting until the end of the inning, you may forget a minor detail of importance. Complete the information, and then continue watching the game.

## Description of Batted Ball

Writing a description of the batted ball is a general observation. It's what you see, and it's very important. At times, the at bat result is not enough to accurately report the success or lack of success of the at bat. Typically, a hit means the at bat was positive, and an out means the at bat was negative.

This is not always the case. An F-8 (fly ball out to center field) might have been a rocket off the bat that the center fielder caught on the run. Conversely, a 2B (double) to right field might have been a bloop hit down

the right-field line off of a terrible swing. The purpose of the journal is to record accurate information. It's important to recognize the solid outs and cheap hits.

Some examples would be a "hard line drive to left," "slow roller to second base," "bloop single to center," or "fly ball driven into left-center-field gap."

## FOUR-GAME CHECKPOINT

The Four-Game Checkpoint is easy to fill out but critical to hitters. The checkpoint pages enable players to detect patterns—both positive and negative—in their hitting performance. This information is especially helpful in determining a hitter's mental approach at the plate. Some hitters fare better by being aggressive early in the count, while others perform better after seeing a few pitches.

Hitters may have a tendency to focus more early in the game and then get careless late in the game. The statistics may uncover strengths and weaknesses that may otherwise go unnoticed.

To fill out the first page, the user turns back to the past four games of at bats and totals each category. Jot down each requested number, one at a time. You'll have to flip back a few times, but it won't take more than a few minutes.

Determining a batting average is simple arithmetic. Divide the number of hits by the number of at bats to arrive at the precise percentage. For example, a batter with four hits in 10 at bats owns a .400 batting average. *Remember that walks, hit by pitches, sacrifice bunts, and sacrifice fly balls do not count as official at bats.*

## Result Analysis

The Result Analysis entails reading the diagrams from the past four games. Read each diagram and record the types of balls hit and to what part of the field they traveled. Reviewing the Result Analysis is helpful to point out possible flaws in the swing. Perhaps the hitter is pulling a lot

of ground balls, which might indicate he or she is rolling the top hand prematurely or pulling the front shoulder off the ball. Charting the location of hits (and their consistency) might surprise the hitter.

### **Notes from the Batter's Box**

This section is filled out by the hitters. It forces them to jot down thoughts and consider statements they otherwise might not think about. These notes are not only worthy for the present but may also be of value in the future. During times when the hitters are slumping, they may want to flip back and read the notes from when they were hitting the ball well. Perhaps something will resonate with the hitters that puts them back on track.

## FOUR-GAME CHECKPOINT (Sample Copy)

### Statistics Collected Over My Past 4 Games

At bats 15 Hits 6 RBIs 4 Runs 5 Extra base hits 2 BBs 1 Ks 2

Overall Batting Average .400

Batting Average with runners on base	At bats <u>8</u>	Hits <u>4</u>	Avg. <u>.500</u>
Batting Average with nobody on base	At bats <u>7</u>	Hits <u>2</u>	Avg. <u>.285</u>
Batting Average first at bat of game	At bats <u>4</u>	Hits <u>3</u>	Avg. <u>.750</u>
Batting Average final at bat of game	At bats <u>4</u>	Hits <u>0</u>	Avg. <u>.000</u>
Batting Average first pitch swinging	At bats <u>5</u>	Hits <u>3</u>	Avg. <u>.600</u>
Batting Average four pitches or more	At bats <u>8</u>	Hits <u>3</u>	Avg. <u>.375</u>
Batting Average with two strikes	At bats <u>8</u>	Hits <u>2</u>	Avg. <u>.250</u>

### Result Analysis

Number of balls hit to pulled side of field 8  
Number of balls hit to opposite field 3  
Number of balls hit to through the middle 2  
Number of ground balls hit 5  
Number of fly balls hit 4  
Number of pop-ups hit to infield 2  
Number of strikeouts 2 (swinging) 0 (looking)  
Number of bases on balls 1

### Questions (circle one)

I'm hitting most balls off the end/handle/sweet spot of the bat.

I feel like I'm always ahead/behind/even in the count.

My timing is early/late/right on.

I'm hitting balls well that are thrown high/low in the strike zone.

I'm struggling with pitches high/low in the strike zone.

I'm hitting balls well that are on the inside/outside part of the plate.

I'm struggling with pitches on the inside/outside part of the plate.

My results are better when I swing at fastballs/off-speed pitches.

I'm swinging at mostly fastballs/off-speed pitches.

My confidence level is high/low/mediocre.

# Notes from the Batter's Box

After reviewing the information from my past four games, I have the following comments about my performance:

Plate discipline Good, but could be better, chasing high pitches

\_\_\_\_\_

Hitting the ball to all fields Pulling most, but hitting some to the opposite field; have done a pretty good job of hitting the ball where it's pitched

\_\_\_\_\_

Swing mechanics Overswinging at times and dropping rear shoulder

\_\_\_\_\_

Situational hitting Hitting well with runners on base

\_\_\_\_\_

Confidence Overall feeling good at the plate

\_\_\_\_\_

I feel I am doing very well at the plate in these areas (notes):

I'm taking advantage of first-pitch fastballs

I'm also doing a good job of staying through the ball

\_\_\_\_\_

I feel I can improve at the plate in these areas (notes):

Staying off of high pitches

Taking a better two-strike approach

\_\_\_\_\_

I have practiced these drills over the past four games:

Soft toss (pre-game) focusing on keeping top hand through the ball

Short-distance batting practice focusing on using the whole field

\_\_\_\_\_



While hitters employ different types of batting stances, every stance must have two common traits. The stance must be comfortable, and it must be workable. If either of these two elements is missing, the stance must be adjusted.

A comfortable stance allows the hitter to feel confident and self-assured. Coaches often change a hitter's stance because they feel it looks right, but if it doesn't feel right to the hitter, his or her performance will suffer. Hitters should always listen to suggestions and advice from their coaches and experiment, but not at the expense of feeling uncomfortable at the plate.

A stance must also be workable. Young hitters commonly enjoy imitating their favorite major-league players at the plate, but if that stance is hindering their execution, it must be changed. Players have to understand that the batting stances they see employed on television are used by grown men who are professional athletes. Their particular stances may not be workable to an 11-year-old hitter.

## DRILL

Setting your feet so they're slightly farther than shoulder-width apart (for good balance) is not difficult to do. Taking a short practice stride is also a simple task. What becomes tough is getting into a consistent stance position and taking that short stride when pitches are being thrown. Setting up some boundaries can help train your body to start and finish in the correct position.

Whether you're in the cage or on the field, draw a line in the dirt wherever you place your back foot. (If you're indoors, place a piece of tape on the floor instead.) Position your front foot so it's just outside your lead shoulder. Take a short stride (approximately six inches), and place your glove just beyond the point that your foot lands. Before each pitch, check to see that both feet are in the proper position. If you step on the glove, either your stance is too wide or your stride is too long.

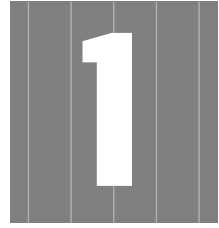
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**“Don’t stand a certain way or use a specific bat to imitate someone else. Find what feels comfortable to you and work with it.”**

**—David Justice,  
former major-league All-Star**

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# THE HITTING ZONE VS. THE STRIKE ZONE

Baseball Hall of Fame player Dave Winfield once said, “All good balls to hit are strikes, though not all strikes are good balls to hit.” Seems pretty simple, but Winfield’s words crystallize the significance in understanding the difference between the hitting zone and the strike zone.

## THE STRIKE ZONE

According to the *2004 Little League Baseball Official Regulations and Play Rules*, the strike zone is “that space over home plate which is between the batter’s armpits and the top of the knees when the batter assumes a natural stance.” Because each batter varies in size and in individual stance at the plate, the strike zone varies from hitter to hitter.

Furthermore, the strike zone changes from umpire to umpire. Some umpires have wide strike zones, tight strike zones, high strike zones, or low strike zones. This is an important point for hitters to understand. The hitters’ interpretation of the strike zone does not matter in determining what pitches are called balls and strikes. What truly matters is the umpire’s judgment. Hitters who become frustrated with

the umpire's calls are only hurting themselves. Rather than allowing it to affect them, hitters should pay close attention to the umpire's calls during the early stages of the game. Learning the ump's patterns and interpretation of the strike zone can provide useful information that may assist their performance at the plate.

## THE HITTING ZONE

The hitting zone represents the areas within the strike zone where the individual batter experiences consistent success. It's where he likes his pitches. Because all hitters vary in some way, each has his own personal hitting zone. Some like the ball down in the strike zone, while others like pitches up in the strike zone. A pitch on the inside part of the plate is favorable to some, where others like the ball out over the plate.

The first step in taking advantage of your hitting zone is defining your hitting zone. What pitch locations do you hit well? For example, "I like pitches down the middle of the plate, belt-high middle-in, and I also like pitches down in the strike zone middle-in." Next, determine the areas of the strike zone that are outside of your hitting zone. "I have difficulty with pitches up in the strike zone and with low and outside strikes."

Once you've identified what lies inside and outside of your hitting zone, apply that knowledge to your at bats in the game. In certain counts, the hitter should swing only at pitches that enter his hitting zone. These counts include 0-0, 1-0, 2-0, and 3-1. These are examples of hitter's counts, and the hitter should take advantage of these favorable counts by swinging only at pitches he likes. The hitter should visualize the pitch he's looking for so he has a specific image of it in mind. As he takes his stance, he should anticipate that he's going to get that pitch and assume he's swinging. If the eyes recognize the pitch is there, the hitter is already started and crushes the pitch. If the eyes see the pitch isn't in the hitting zone, he simply holds up his hands and takes the pitch.

When the counts get a little less favorable—0-1, 1-1, 2-1—the hitter expands his hitting zone slightly; there's a greater chance of getting a decent pitch to hit with a 1-1 count than with a 1-2 count. If the hitter passes up a pretty good pitch with a 1-1 count, the next offering will likely be a pitcher's pitch or something just out of the strike zone. Once the pitcher has command of the count, he'll try to get the hitter to swing at a difficult (or lousy) pitch.

Once the count moves to two strikes, the hitter's focus now shifts to the strike zone. Any pitch that is borderline (could be called a ball or strike) should be attacked. A hitter should never risk taking a borderline pitch because he's leaving the fate of his at bat in the hands of the umpire. Swinging the bat provides the hitter with a chance. He may lace a single, crunch a double, or foul the pitch off. Taking the pitch and hearing the umpire call "Strike three!" leaves the hitter with no chance at all.

A hitter who understands his hitting zone will not only enjoy improved results in the game but can also use that information to develop into a better hitter. Learning the hitting zone determines a hitter's strengths, but it also isolates areas of weakness. It gives the hitter a blueprint for getting better. His immediate objective is to begin expanding his hitting zone by working on his areas of weakness. The ultimate goal is for a hitter to have his hitting zone match the strike zone. That is pretty close to what Barry Bonds has accomplished. Bonds has eliminated his weaknesses in the strike zone over time, and he's reached a point where there is literally nowhere to pitch him.

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

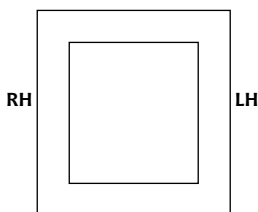
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

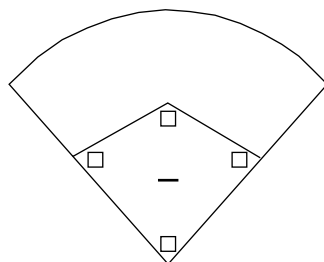
### Pitch Sequence

1st pitch \_\_\_\_ 6th pitch \_\_\_\_  
2nd pitch \_\_\_\_ 7th pitch \_\_\_\_  
3rd pitch \_\_\_\_ 8th pitch \_\_\_\_  
4th pitch \_\_\_\_ 9th pitch \_\_\_\_  
5th pitch \_\_\_\_ 10th pitch \_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

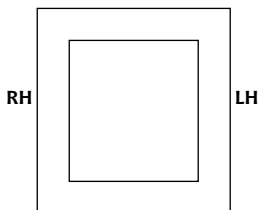
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

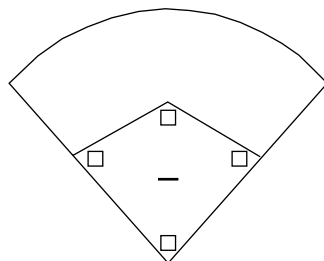
### Pitch Sequence

1st pitch \_\_\_\_ 6th pitch \_\_\_\_  
2nd pitch \_\_\_\_ 7th pitch \_\_\_\_  
3rd pitch \_\_\_\_ 8th pitch \_\_\_\_  
4th pitch \_\_\_\_ 9th pitch \_\_\_\_  
5th pitch \_\_\_\_ 10th pitch \_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

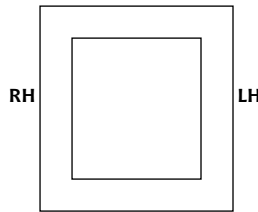
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ (circle one) Runners On Base \_\_\_\_\_ (name/number) # Outs \_\_\_\_\_

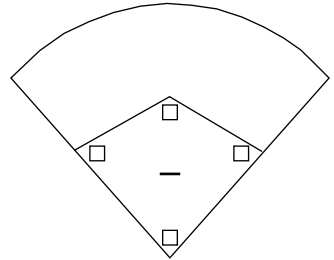
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

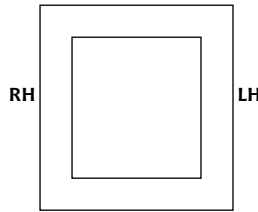
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ (circle one) Runners On Base \_\_\_\_\_ (name/number) # Outs \_\_\_\_\_

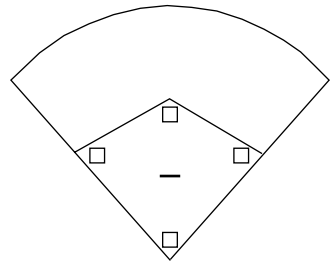
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

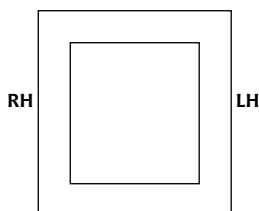
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

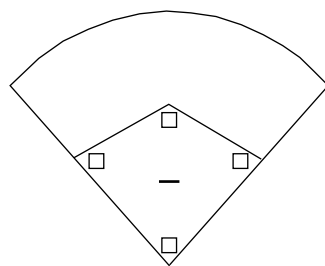
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

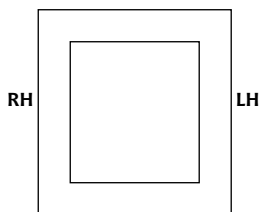
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

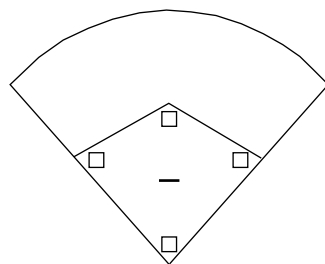
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

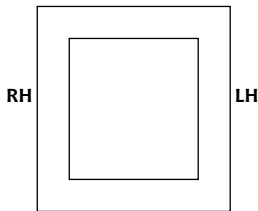
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

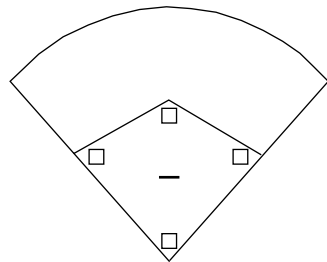
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

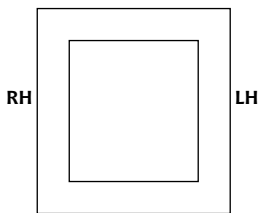
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

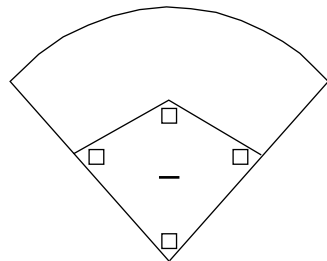
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

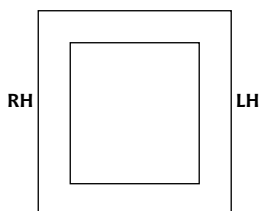
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

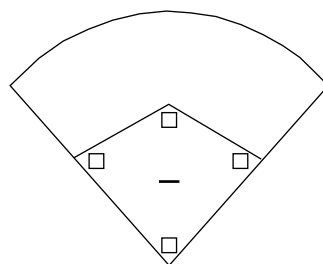
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

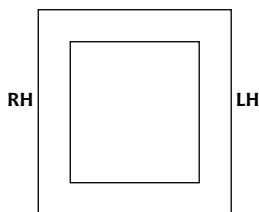
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

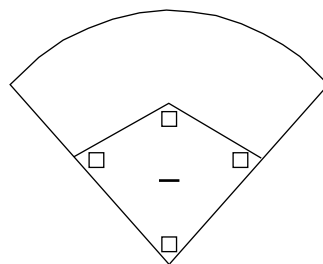
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

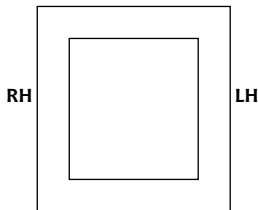
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

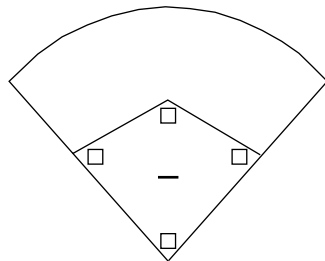
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

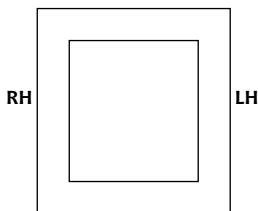
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

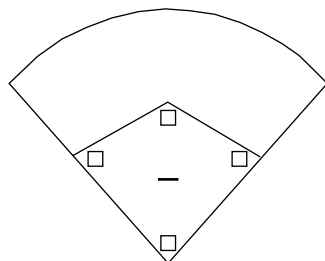
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

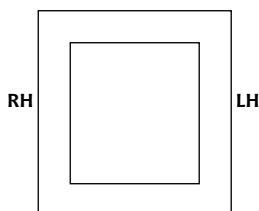
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

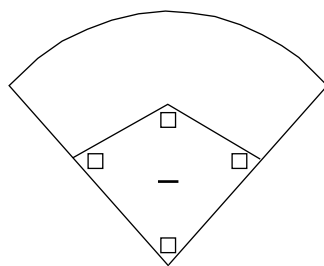
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

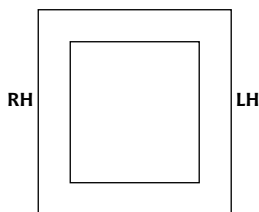
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

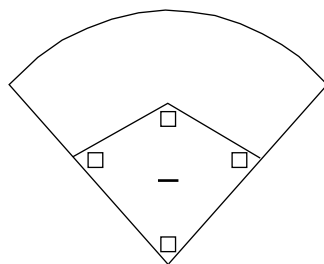
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

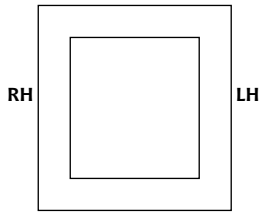
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

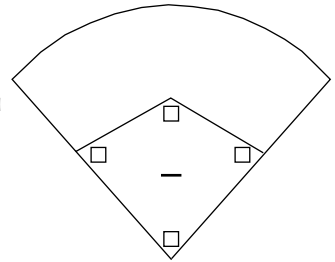
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

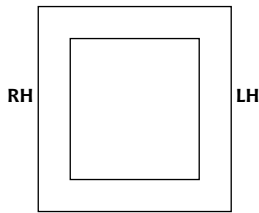
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

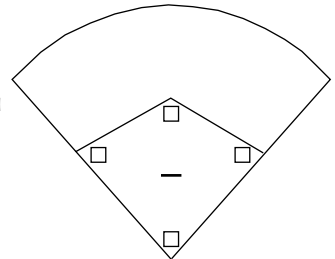
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## FOUR-GAME CHECKPOINT

### Statistics Collected Over My Past 4 Games

At bats \_\_\_\_\_ Hits \_\_\_\_\_ RBIs \_\_\_\_\_ Runs \_\_\_\_\_ Extra base hits \_\_\_\_\_ BBs \_\_\_\_\_ Ks \_\_\_\_\_

#### Overall Batting Average \_\_\_\_\_

Batting Average with runners on base	At bats _____	Hits _____	Avg. _____
Batting Average with nobody on base	At bats _____	Hits _____	Avg. _____
Batting Average first at bat of game	At bats _____	Hits _____	Avg. _____
Batting Average final at bat of game	At bats _____	Hits _____	Avg. _____
Batting Average first pitch swinging	At bats _____	Hits _____	Avg. _____
Batting Average four pitches or more	At bats _____	Hits _____	Avg. _____
Batting Average with two strikes	At bats _____	Hits _____	Avg. _____

### Result Analysis

Number of balls hit to pulled side of field \_\_\_\_\_

Number of balls hit to opposite field \_\_\_\_\_

Number of balls hit through the middle \_\_\_\_\_

Number of ground balls hit \_\_\_\_\_

Number of fly balls hit \_\_\_\_\_

Number of pop-ups hit to infield \_\_\_\_\_

Number of strikeouts \_\_\_\_\_ (swinging) \_\_\_\_\_ (looking)

Number of bases on balls \_\_\_\_\_

### Questions (circle one)

I'm hitting most balls off the **end/handle/sweet spot** of the bat.

I feel like I'm always **ahead/behind/even** in the count.

My timing is **early/late/right on**.

I'm hitting balls well that are thrown **high/low** in the strike zone.

I'm struggling with pitches **high/low** in the strike zone.

I'm hitting balls well that are on the **inside/outside** part of the plate.

I'm struggling with pitches on the **inside/outside** part of the plate.

My results are better when I swing at **fastballs/off-speed pitches**.

I'm swinging at mostly **fastballs/off-speed pitches**.

My confidence level is **high/low/mediocre**.

# Notes from the Batter's Box

After reviewing the information from my past four games, I have the following comments about my performance:

Plate discipline \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Hitting the ball to all fields \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Swing mechanics \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Situational hitting \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Confidence \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I feel I am doing very well at the plate in these areas (notes):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I feel I can improve at the plate in these areas (notes):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I have practiced these drills over the past four games:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Vision is the most underrated aspect of hitting. Simply stated, it's difficult to hit what you can't see. Hitters obviously need to pick the ball up out of the pitcher's hand, but many players are unsure of when they should begin to track the baseball.

As the pitcher toes the rubber, the eyes should be in a relaxed state (soft focus) looking in a general area—the pitcher's jersey, cap, or face are a few options. As he begins his windup, the eyes remain relaxed and gazing toward a general area. Once the pitcher brings his arm forward to the release point (shown in this photo), the eyes shift to a hard focus and pick the ball up out of his hand.

Often hitters attempt to follow the ball throughout the entire windup and shift to a hard focus prematurely. The eyes then tire and lose a degree of clarity. Picking the ball up at the point of release keeps the eyes sharp and allows the hitter to visually slow the ball down.

## DRILL

When a hitter is not seeing the ball well, there is no substitute for seeing live pitching. But this drill is designed to “see” live pitching, not “hit” live pitching. By eliminating the swing, the hitter is able to focus on picking up release points and seeing the ball clearly out of the pitcher’s hand.

When a teammate (pitcher) is throwing in the bullpen or in the gym, stand at the plate with a helmet and take pitches. Focus on identifying his release point and follow each pitch all the way into the catcher’s glove. After each pitch, call out “ball” or “strike” and describe its location.

In addition, select a soft-focus area before every pitch. Practice keeping the eyes in a relaxed state and then shifting to a hard focus just before the pitch is released.

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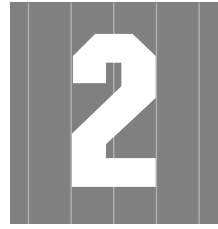
**“Know where to look for the ball. Finding the pitcher’s point of release, seeing the ball come out of his hand, and knowing how each pitch looks coming out of the hand is a skill every hitter must have.**

**Without this skill, the best mechanics in baseball become useless.”**

**—Mike Schmidt, Baseball Hall of Famer**

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# **ANXIOUSNESS, ANXIETY, ANGER**

When a hitter struggles at the plate, coaches and parents often scrutinize the mechanics of the swing. In many cases, the problem may lie not in the actual swing but rather in the emotions that can get the best of a hitter. Anxiousness, anxiety, and anger represent the three A's of hitting that a player does not want on his report card.

Negative emotions can disrupt rhythm, distort mechanics, cause tension, and diminish confidence. They are often the X factors that explain why a hitter struggles at the plate. To perform at an optimum level, a hitter must learn to control these emotions to avoid the adverse effects they can produce.

## **ANXIOUSNESS**

Being anxious at the plate has some positive aspects because it demonstrates the fact that the batter wants to hit. Every hitter should step up to the plate with the thought of driving the ball in mind. However, an overanxious hitter is prone to careless mistakes, which result in the hitter getting himself out.

Overstriding is a common fault produced by impatience. The hitter wants to hit the ball so badly that he becomes aggressive with his stride. This causes his weight to shift forward prematurely, diminishing hip rotation and hitting only with the arms and shoulders. (The hitter wants to be aggressive with his hands and hips, not movements in his preswing.) Overstriding produces a lot of weak ground balls to the pull side, along with shallow pop flies, foul balls, and swings and misses. The batter will appear to be reaching out front for everything, instead of staying back and striking the ball with greater authority.

Overanxious hitters also tend to lack discipline and swing at pitches outside of their hitting zone and strike zone. Hitting can be difficult no matter what, but swinging at poor pitches makes it extremely tough to experience consistent success.

Telling a hitter he's too anxious at the plate is simple. Having the hitter absorb that information and put it to use is a different story. Hitters are taught to be aggressive and get the barrel out, so it's difficult to convince them to sit back and be patient.

Taking a deep breath helps relax hitters. That's a step in the right direction. Also, taking an approach to hit pitches to the opposite field coaxes hitters into seeing the ball longer and keeps them from jumping out front.

## **ANXIETY**

Baseball is a difficult sport for some kids because they don't enjoy the individual spotlight. The hitter stands alone in the batter's box, as does the pitcher on the mound. Most plays in baseball don't afford players the assistance of their teammates. This often causes anxiety.

Hitters who suffer from anxiety usually do one of two things: they swing at everything, or they swing at nothing. The first enables the hitter to get the at bat over with as quickly as possible. The second—and more common symptom of the two—occurs because the batter is so nervous about swinging and missing or making an out, he hopes for a walk.

The best remedy for a nervous hitter is to have an honest discussion that emphasizes perspective. Baseball is a *game*. At bats are not life-altering experiences. Whether he hits the ball or not, the sun will rise the next day and his family and friends will still love him. Explain that each at bat is an opportunity to showcase how he can swing the bat.

To support the theme of maintaining perspective, parents and coaches must remain consistent in their reactions to at bat results. This means not getting upset when the hitter makes an out and not getting overexcited when he gets a hit. Kids are smart and can sense the degree of importance adults put on results, even when they're positive.

## ANGER

Hitters must control their anger or frustration at the plate. The Achilles' heel of so many athletes, hitting angry does not work and will only add to a player's frustrations.

Anger causes tension. Tension causes the muscles to contract, so the muscles don't perform as quickly or fluently. Tension diminishes bat speed, disrupts timing, and adversely affects swing mechanics.

Outs are a part of the game. Barry Bonds makes outs. A-Rod makes outs. Hitters should be confident and believe in their ability, but there also must be some measure of reality practiced. The pitcher holds the ball and doesn't tell the hitter what he's throwing, how hard he'll throw it, or to what part of the strike zone he's locating the pitch. He also has seven players strategically stationed behind him to defend the field. Getting a hit isn't easy, and that's a fact a hitter must come to terms with.

The most important at bat for a hitter is his next at bat. The most important pitch is the next pitch. Hitters must learn to focus on the present and future and let go of the past. Emotions can interfere with the hitter's ability to make even the simplest corrective adjustment or apply a prepitch approach.

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

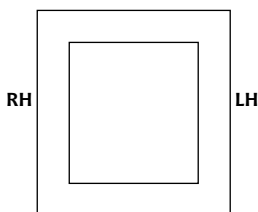
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

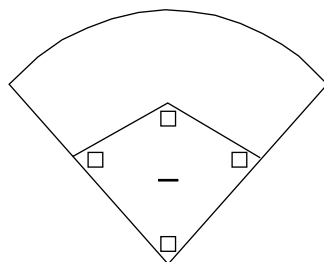
### Pitch Sequence

1st pitch \_\_\_\_ 6th pitch \_\_\_\_  
2nd pitch \_\_\_\_ 7th pitch \_\_\_\_  
3rd pitch \_\_\_\_ 8th pitch \_\_\_\_  
4th pitch \_\_\_\_ 9th pitch \_\_\_\_  
5th pitch \_\_\_\_ 10th pitch \_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

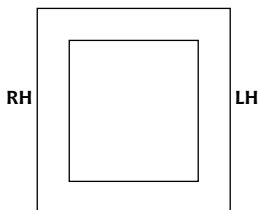
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

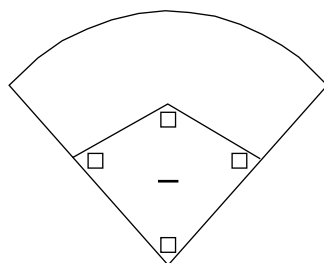
### Pitch Sequence

1st pitch \_\_\_\_ 6th pitch \_\_\_\_  
2nd pitch \_\_\_\_ 7th pitch \_\_\_\_  
3rd pitch \_\_\_\_ 8th pitch \_\_\_\_  
4th pitch \_\_\_\_ 9th pitch \_\_\_\_  
5th pitch \_\_\_\_ 10th pitch \_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

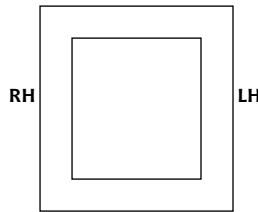
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ (circle one) Runners On Base \_\_\_\_\_ (name/number) # Outs \_\_\_\_\_

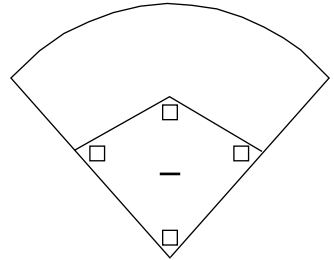
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

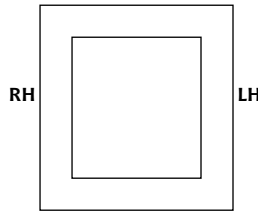
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ (circle one) Runners On Base \_\_\_\_\_ (name/number) # Outs \_\_\_\_\_

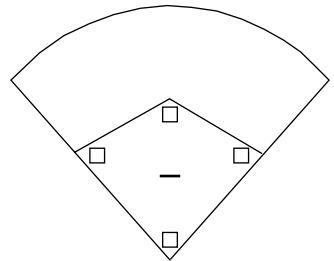
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

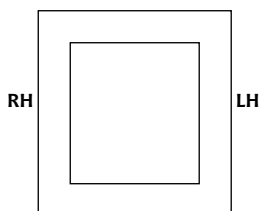
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

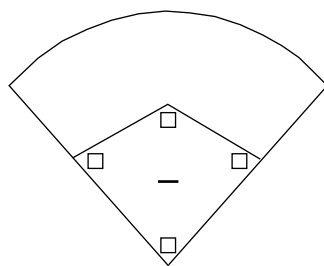
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

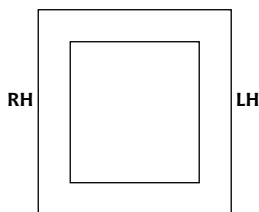
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

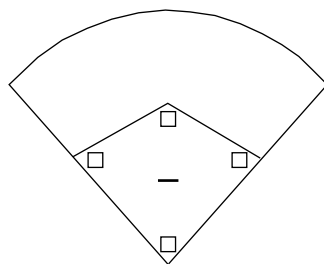
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

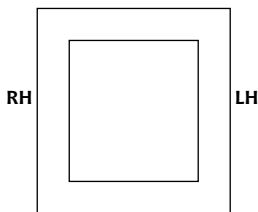
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

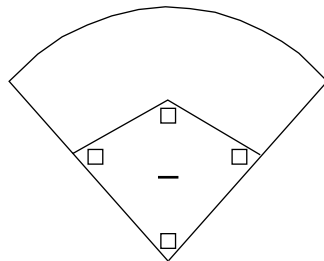
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

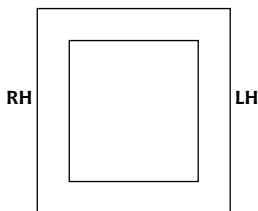
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

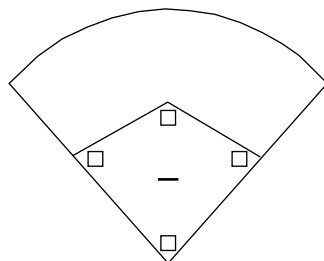
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

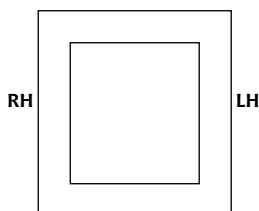
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

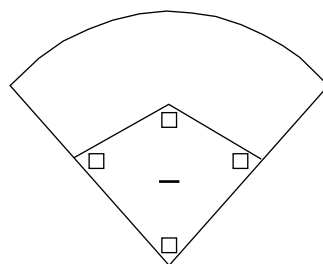
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

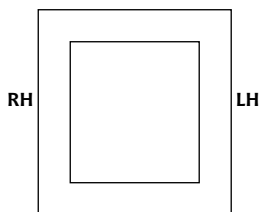
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

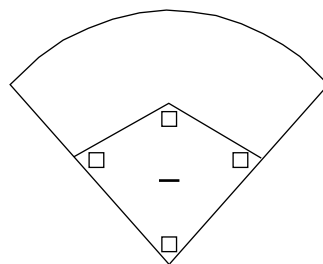
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

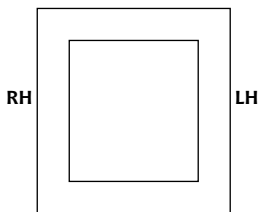
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

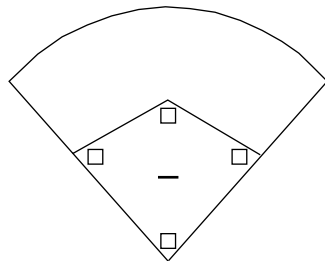
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

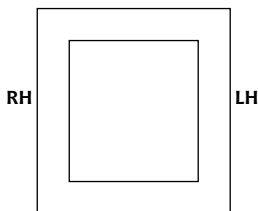
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

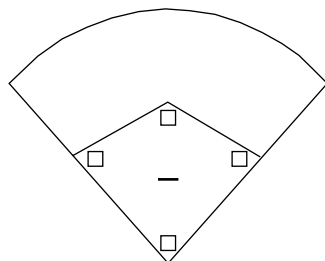
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

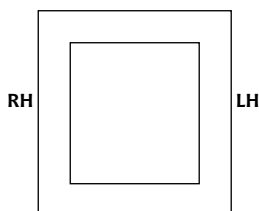
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

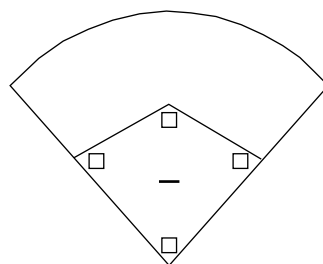
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

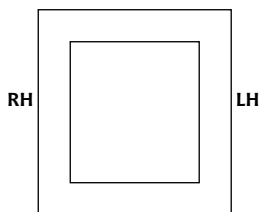
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

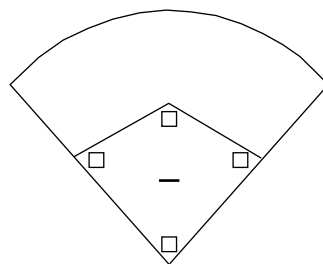
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

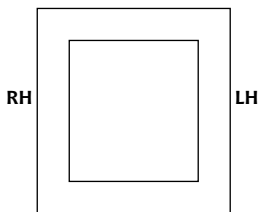
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

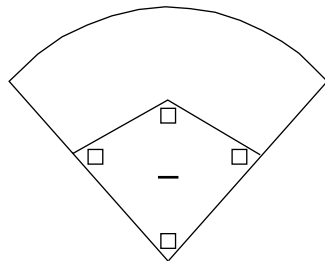
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

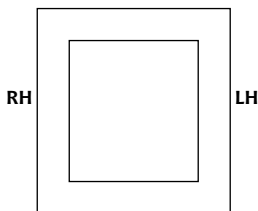
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

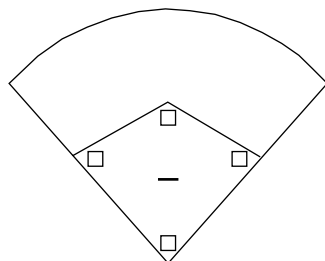
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## FOUR-GAME CHECKPOINT

### Statistics Collected Over My Past 4 Games

At bats \_\_\_\_\_ Hits \_\_\_\_\_ RBIs \_\_\_\_\_ Runs \_\_\_\_\_ Extra base hits \_\_\_\_\_ BBs \_\_\_\_\_ Ks \_\_\_\_\_

#### Overall Batting Average \_\_\_\_\_

Batting Average with runners on base	At bats _____	Hits _____	Avg. _____
Batting Average with nobody on base	At bats _____	Hits _____	Avg. _____
Batting Average first at bat of game	At bats _____	Hits _____	Avg. _____
Batting Average final at bat of game	At bats _____	Hits _____	Avg. _____
Batting Average first pitch swinging	At bats _____	Hits _____	Avg. _____
Batting Average four pitches or more	At bats _____	Hits _____	Avg. _____
Batting Average with two strikes	At bats _____	Hits _____	Avg. _____

### Result Analysis

Number of balls hit to pulled side of field \_\_\_\_\_

Number of balls hit to opposite field \_\_\_\_\_

Number of balls hit through the middle \_\_\_\_\_

Number of ground balls hit \_\_\_\_\_

Number of fly balls hit \_\_\_\_\_

Number of pop-ups hit to infield \_\_\_\_\_

Number of strikeouts \_\_\_\_\_ (swinging) \_\_\_\_\_ (looking)

Number of bases on balls \_\_\_\_\_

### Questions (circle one)

I'm hitting most balls off the **end/handle/sweet spot** of the bat.

I feel like I'm always **ahead/behind/even** in the count.

My timing is **early/late/right on**.

I'm hitting balls well that are thrown **high/low** in the strike zone.

I'm struggling with pitches **high/low** in the strike zone.

I'm hitting balls well that are on the **inside/outside** part of the plate.

I'm struggling with pitches on the **inside/outside** part of the plate.

My results are better when I swing at **fastballs/off-speed pitches**.

I'm swinging at mostly **fastballs/off-speed pitches**.

My confidence level is **high/low/mediocre**.

# Notes from the Batter's Box

After reviewing the information from my past four games, I have the following comments about my performance:

Plate discipline \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Hitting the ball to all fields \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Swing mechanics \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Situational hitting \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Confidence \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I feel I am doing very well at the plate in these areas (notes):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I feel I can improve at the plate in these areas (notes):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I have practiced these drills over the past four games:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



This photo captures the image of the hips leading the hands and barrel of the bat. The hips have already fully rotated, and the hands are poised to fire the barrel. This is essential in delivering a quick, compact swing to the ball.

When the hitter decides to swing the bat, he begins to turn his hips by pivoting the back foot. The hands begin their downward-to-level path to the baseball. Because the hands start from a position outside the rear leg, they trail the hips slightly. The importance of this is twofold.

First, strength and quickness generated by the lower half of the body (legs, lower back, abdominal muscles) are engaged only if the hands trail the hips. If the hands are ahead of the hips, the bat is delivered with just the upper body (hands, arms, shoulders). The finish position will look fundamentally sound (hips facing the pitcher), but the swing will lack quickness and power.

Second, when the hips lead the swing, it clears a path enabling the hands to take a direct path to the ball. This is especially important on inside strikes. If the hands get out in front of the hips, they're forced to travel around the core of the body. This is a longer path, which diminishes bat speed and power.

## DRILL

Get into your batting stance. Take the bat and hold it behind your back a few inches above your waistline. Hold the bat horizontal and pressed against your lower back. The barrel is to your right side if you're a right-handed hitter and your left side if you're a left-handed hitter.

Initiate the drill by taking a short stride and then firing your hips. To rotate your hips, you must pivot on your back foot. This drill isolates the lower half of the body, forcing you to concentrate solely on hip rotation. In the finish position, the hips are facing the pitcher's mound, the front leg is stiff, the rear leg is in an L shape, and the head is down, looking at the point of contact.

Practice this over and over so rotating the hips after the stride is a movement that becomes second nature.

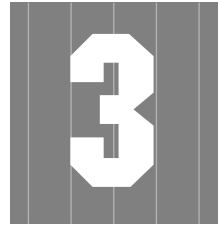
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**"For me, the lower body is where all my power comes from. If I get a good hip turn, that's when I get the most bat speed coming through the zone. The rest is just hand-eye coordination and making good contact."**

**—Will Clark, former major-league All-Star**

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## FEAR FACTOR

Fear is a negative emotion that plagues hitters. It is impossible to be a good, consistent hitter if you're afraid. The batter is on offense, and to produce, he must be offensive minded.

What makes fear such a difficult factor to deal with is that it's twofold. There are two types of fears hitters carry. The first is a fear of being hit by the ball. The second is a fear of failure. Both types of fear are common among young ballplayers. Let's take a look at each.

### FEAR OF THE BASEBALL

Say you're walking down the street and a person standing 46 feet away asks you to stop in your tracks and stand still. Holding an object in his hand, he breaks into a windup, rears back, and fires the object in your direction as hard as he can. What are you going to do?

I would hope the answer is "get out of the way." Why? Because it's common sense. When an object is thrown in your direction, instinct tells you to avoid its path. Only in baseball do we ask the individual to hold his ground, step *toward* the object, rotate his body in its direction, and attack it aggressively. It is important that parents and coaches con-

sider this so they can practice patience with a young hitter who is afraid of the baseball.

The cold reality is that if a player is afraid of the ball, he will not be a successful hitter. Steps must be taken to temper that fear, establish comfort, and, ultimately, demonstrate confidence.

The first step is to talk about the fear. Allow the player to get it out in the open, so he doesn't remain idle in denial. The conversation should acknowledge that the fear is understandable but also explain why it will limit success. By stepping open (away from home plate), the batter is vulnerable to any pitch over the outer half of home plate. He may be able to reach out and make contact, but the ball will be hit weakly. Also, when the hitter strides open, his hips open up immediately. He now has lost the strength of his legs and lower back. Bat speed and power are increased when the hips rotate explosively with the swing. If the hips have cleared prematurely, power and bat speed are lost.

Hitters are usually afraid of the pitch for two reasons: discomfort from having something thrown near them and the thought of how much it will hurt if they get hit by a pitch. To establish comfort, hitters have to see pitches. The more pitches they see, the more comfortable they become. Hitters commonly step in the bucket (step away from the plate) early in the season because they haven't seen live pitching for several months. Once they get a few games under their belt, they begin to correctly take their stride toward the pitcher.

When dealing with a player who constantly "steps out" because of fear, throw light batting practice from a short distance. As your sessions progress, gradually increase the distance and velocity of the pitches. You may even start out with tennis balls or Wiffle balls before throwing baseballs.

To control the fear of being hit, teach the batter the proper method of getting out of the way of the pitch. Once he learns this, he'll be surprised how easily he can avoid errant pitches. On pitches wild inside above the waist, the batter turns his lead shoulder inward and rolls

away from the pitch. This protects the hands, chest, ribs, and face. If the ball is thrown wild below the waist, the hitter simply kicks his feet back to avoid the pitch. Once the batter becomes confident that he can dodge errant pitches, his fear should subside.

## FEAR OF FAILURE

Hitting is difficult emotionally because the rate of failure is so high. No one likes to fail, and many children are not ready to deal with it rationally. Consequently, they become so conscious of failing it affects performance.

Different hitters are afraid to fail for different reasons. They may be afraid to fail because they don't want to look bad in front of people. They may not want to let their teammates down or their parents down. Worst of all, they may be afraid of being scolded by an overzealous parent or coach. That's a sad situation, but it's also very real.

The best way to handle this is through discussion. An adult must be able to communicate to the child that in the whole scheme of things, it really doesn't matter if he gets a hit or not. Teach him how to keep things in perspective.

Also, try to alter his overall philosophy as he walks up to the plate. Make him believe that every at bat is an *opportunity*—an opportunity to do something great, to help his team, to show everyone at the game what a great swing he has or what a tough out he is. Each at bat is not another possible failure but a chance to do something good.

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

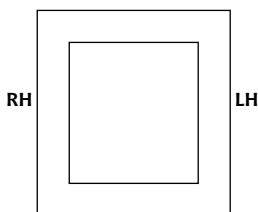
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

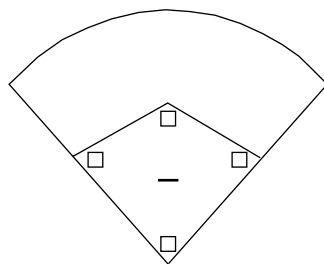
### Pitch Sequence

1st pitch \_\_\_\_ 6th pitch \_\_\_\_  
2nd pitch \_\_\_\_ 7th pitch \_\_\_\_  
3rd pitch \_\_\_\_ 8th pitch \_\_\_\_  
4th pitch \_\_\_\_ 9th pitch \_\_\_\_  
5th pitch \_\_\_\_ 10th pitch \_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

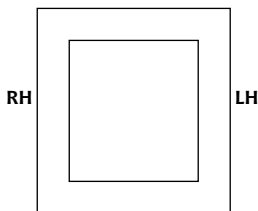
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

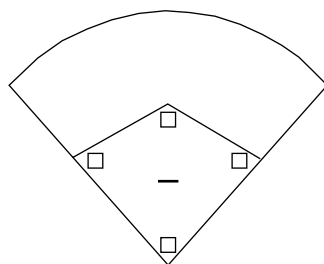
### Pitch Sequence

1st pitch \_\_\_\_ 6th pitch \_\_\_\_  
2nd pitch \_\_\_\_ 7th pitch \_\_\_\_  
3rd pitch \_\_\_\_ 8th pitch \_\_\_\_  
4th pitch \_\_\_\_ 9th pitch \_\_\_\_  
5th pitch \_\_\_\_ 10th pitch \_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

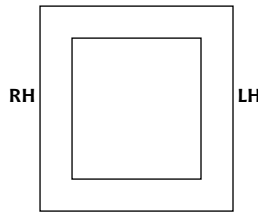
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ (circle one) Runners On Base \_\_\_\_\_ (name/number) # Outs \_\_\_\_\_

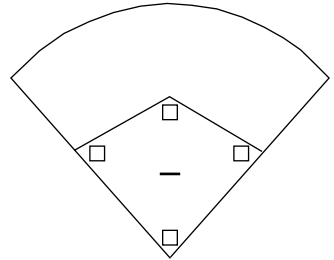
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

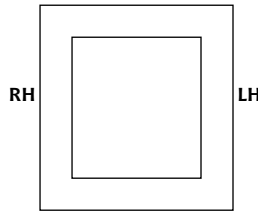
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ (circle one) Runners On Base \_\_\_\_\_ (name/number) # Outs \_\_\_\_\_

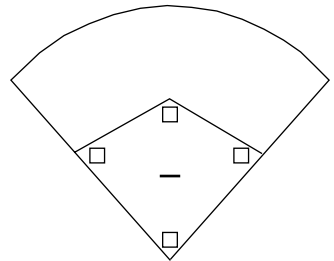
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

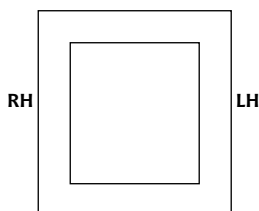
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

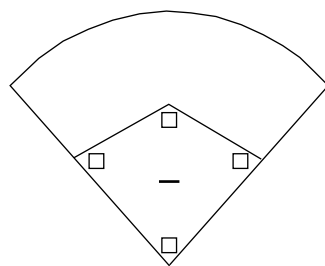
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3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

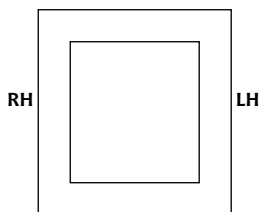
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

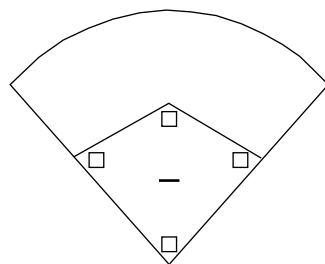
### Pitch Sequence

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3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

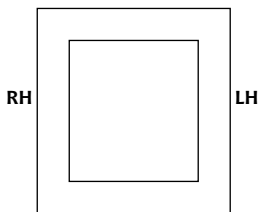
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

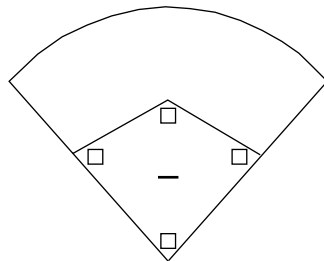
#### Pitch Sequence

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2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
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4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

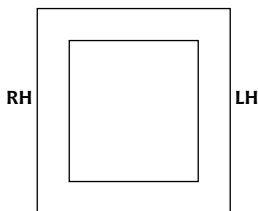
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

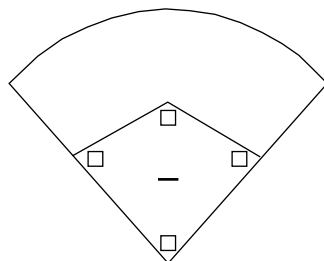
#### Pitch Sequence

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3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

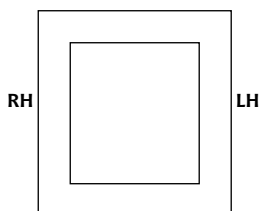
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

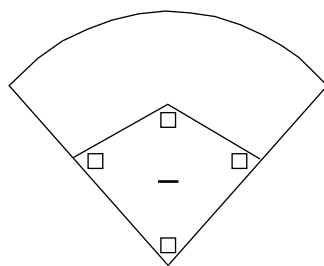
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4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

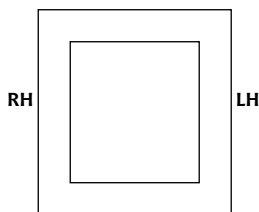
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

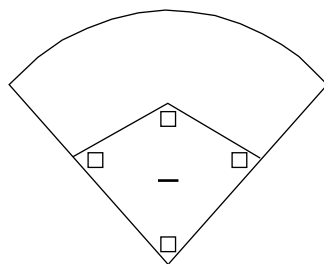
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
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3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

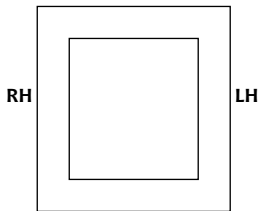
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

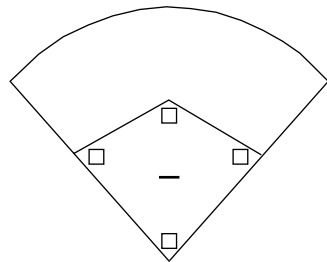
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

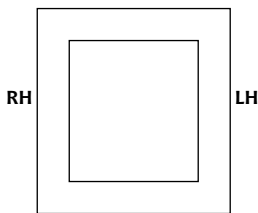
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

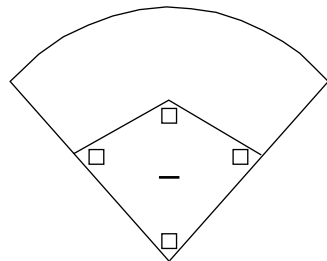
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

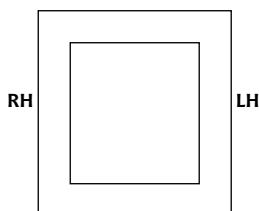
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

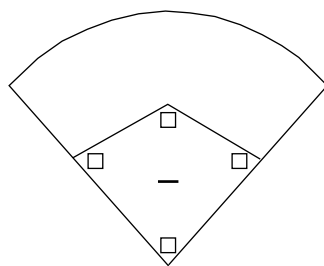
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3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

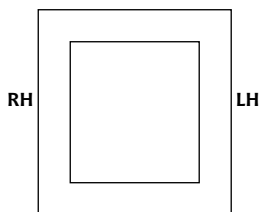
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

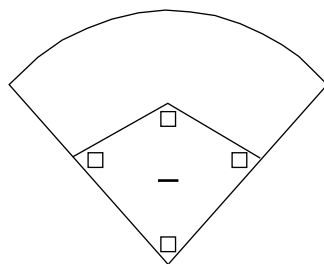
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4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

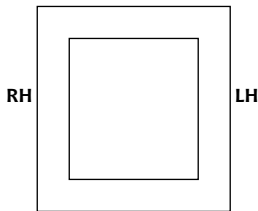
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RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

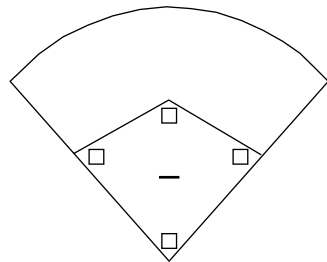
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
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4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

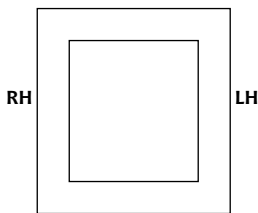
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

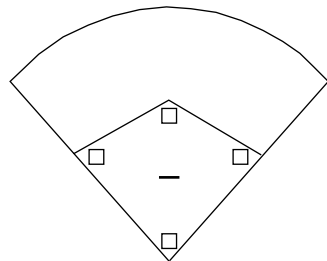
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## FOUR-GAME CHECKPOINT

### Statistics Collected Over My Past 4 Games

At bats \_\_\_\_\_ Hits \_\_\_\_\_ RBIs \_\_\_\_\_ Runs \_\_\_\_\_ Extra base hits \_\_\_\_\_ BBs \_\_\_\_\_ Ks \_\_\_\_\_

#### Overall Batting Average \_\_\_\_\_

Batting Average with runners on base	At bats _____	Hits _____	Avg. _____
Batting Average with nobody on base	At bats _____	Hits _____	Avg. _____
Batting Average first at bat of game	At bats _____	Hits _____	Avg. _____
Batting Average final at bat of game	At bats _____	Hits _____	Avg. _____
Batting Average first pitch swinging	At bats _____	Hits _____	Avg. _____
Batting Average four pitches or more	At bats _____	Hits _____	Avg. _____
Batting Average with two strikes	At bats _____	Hits _____	Avg. _____

### Result Analysis

Number of balls hit to pulled side of field \_\_\_\_\_

Number of balls hit to opposite field \_\_\_\_\_

Number of balls hit through the middle \_\_\_\_\_

Number of ground balls hit \_\_\_\_\_

Number of fly balls hit \_\_\_\_\_

Number of pop-ups hit to infield \_\_\_\_\_

Number of strikeouts \_\_\_\_\_ (swinging) \_\_\_\_\_ (looking)

Number of bases on balls \_\_\_\_\_

### Questions (circle one)

I'm hitting most balls off the **end/handle/sweet spot** of the bat.

I feel like I'm always **ahead/behind/even** in the count.

My timing is **early/late/right on**.

I'm hitting balls well that are thrown **high/low** in the strike zone.

I'm struggling with pitches **high/low** in the strike zone.

I'm hitting balls well that are on the **inside/outside** part of the plate.

I'm struggling with pitches on the **inside/outside** part of the plate.

My results are better when I swing at **fastballs/off-speed pitches**.

I'm swinging at mostly **fastballs/off-speed pitches**.

My confidence level is **high/low/mediocre**.

# Notes from the Batter's Box

After reviewing the information from my past four games, I have the following comments about my performance:

Plate discipline \_\_\_\_\_

\_\_\_\_\_

Hitting the ball to all fields \_\_\_\_\_

\_\_\_\_\_

Swing mechanics \_\_\_\_\_

\_\_\_\_\_

Situational hitting \_\_\_\_\_

\_\_\_\_\_

Confidence \_\_\_\_\_

\_\_\_\_\_

I feel I am doing very well at the plate in these areas (notes):

\_\_\_\_\_

\_\_\_\_\_

I feel I can improve at the plate in these areas (notes):

\_\_\_\_\_

\_\_\_\_\_

I have practiced these drills over the past four games:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



A stiff front leg allows the hips to forcefully rotate. Explosive hips translate into increased bat speed.

A common mistake hitters make is that they bend their front knee, which allows their weight to drift forward. When the weight transfers forward prematurely, power is lost from the lower half of the body. The hitter will be unable to fire his hips, diminishing his bat speed and power. In addition, the hitter's eyes move forward when the front knee bends. It's difficult to track an object moving toward you when you are moving toward it. The pitch will appear to be moving faster than it is.

Here, the hitter has correctly stiffened his front leg after his stride foot landed. This allowed him to stay behind the ball, keep his head still, and deliver the barrel with his entire body.

## DRILL

Young hitters often struggle to get into the proper position before the forward swing starts. If they swing the bat from a flawed position, their swing will suffer, as will their performance. To get into a good hitting position consistently, hitters must practice.

In this drill, set up in your customary stance and visualize the pitcher in his windup. As the ball is about to be released, move the stride foot and move the hands back to the power position. If this is executed correctly, you will be in the following position: The ball of the stride foot is touching the ground, heel slightly raised. Your weight remains back, loaded on the rear leg. Your head (and eyes) are still. Your hands have moved back just beyond your rear shoulder. The bat is cocked slightly forward. From this position, you are able to stiffen your front leg, forcefully rotate your hips, and deliver the barrel at maximum bat speed.

Practice this over and over again to create muscle memory. Once you can get to that position consistently, stand in while a pitcher throws in the bullpen. Do not swing! Simply take pitches and practice getting into good position with each pitch.

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**“I’m 6’3” and have a lot of leverage so I’m able to get out on my front foot and maintain control of weight shift. Often hitters who try to do this get too far out on their front foot and shift their weight forward incorrectly. This will result in a lot of weak ground balls.”**

**—Alex Rodriguez, major-league All-Star**

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# 4

## HITTING STRIKES: INSIDE, OUTSIDE, HIGH, AND LOW

Reviewing game at bats may uncover areas of the strike zone that give a hitter fits. Every hitter has a weakness, whether it be high strikes, low strikes, strikes on the inside part of the plate, or outside strikes. Addressing the weakness is important, but the real value comes from eliminating any existing weaknesses. To conquer pitches in certain areas of the strike zone, a hitter first must understand how to attack varying pitch locations.

### INSIDE STRIKES

The most significant factor in hitting an inside strike is timing. The hips and hands must start sooner so the barrel can contact the ball out in front of home plate. As soon as the eyes detect the pitch is inside, the hips and hands have to get going. If the batter allows the pitch to travel too deep, the ball gets too close to his body and he won't be able to drive it powerfully. He'll either get jammed (contact the ball below the barrel), pull his hands in drastically and use an inside-out swing to serve the ball to the opposite field, or take the pitch (freeze up).

Hip rotation is essential on inside strikes not only because it increases bat speed but because it clears a path for the hands to deliver a short, direct swing. If the hips fail to open quickly, the hands are forced to travel a longer path around the body, likely causing the hitter to get jammed. Also, the top hand has to be active early to deliver the barrel to the ball. If the top hand is late or lazy in unhinging at the wrist, the barrel will not get to the ball in time.

Last, the hitter *must* stay through the ball. Even though the top hand is active early in delivering the barrel to the ball, the hands must stay palm-up, palm-down through contact. The tendency is to roll the top hand over on inside strikes, which produces topped ground balls to the pull side and line drives with overspin. Short to it, and stay through it.

## OUTSIDE STRIKES

Let the ball get back. Much as the hitter has to be early on inside strikes, he must let the ball travel on outside strikes. If the ball is contacted out in front of home plate, the hitter reaches out for the ball (gets to extension before contact) and produces a weak ground ball or pop fly. When a coach tells the hitter, “Don’t try to pull that pitch,” it’s basically an indication that the hitter’s swing was too early.

The outside corner is the strike farthest from the hitter’s body. To drive that pitch with authority, he must wait to allow the ball to get closer to him where he can provide more strength. Hip rotation should be minimized on this pitch while still finishing strong after contact. Even if the hitter lets the ball get back, if his hips fully rotate before contact, the momentum of his swing pulls away from the ball. If the hips rotate only slightly prior to contact, the upper body is able to stay over the ball.

Let the ball get back and quiet the hips. It’s a big field out there, so hit the ball where it’s pitched.

## HIGH STRIKES

Coaches and parents often wonder why kids can't lay off of high pitches. Simply put, the ball is closer to the hitter's eyes. It looks bigger and very inviting.

High strikes are tough pitches to handle. They produce a lot of pop flies and swings and misses. The key to driving high strikes is raising the hands before the swing starts. This enables the hitter to level off on the pitch. When the eyes determine the pitch is up in the strike zone, the hands quickly raise up to adjust to the height of the ball. From there, the hitter delivers a level swing "to and through" the baseball. (Batters who hold their hands high in their stance are generally better at handling high strikes because their hands are already in position.)

Hitters mistakenly try to take a shortcut on high strikes. They keep their hands in the same starting position and swing up at the pitch. The barrel then comes underneath or catches the bottom of the baseball, often producing swings and misses, fouls balls, or pop-ups.

Get your hands up, level off, and stay through the pitch.

## LOW STRIKES

Pitchers are taught to aim low in the strike zone, because low strikes generally produce ground balls. Low strikes are also farther from the hitter's eyes. With that in mind, it's best for hitters to become efficient at hitting low strikes.

To drive the low pitch, the hitter has to use his legs. As the back foot rotates, the rear leg lowers the body so the hitter can swing the bat on a level path. The upper body remains upright to maintain strength. The follow-through is a bit lower on strikes down in the zone. It keeps the hitter down through the ball rather than finishing high and standing up out of the swing.

Hitters have a tendency to drop their barrel to the ball on low strikes. Every now and then, a batter will get lucky and drive a pitch by dropping the barrel, but he won't do it with consistency. He'll more

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

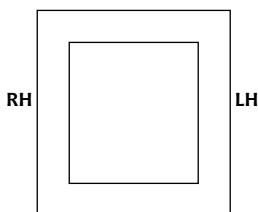
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

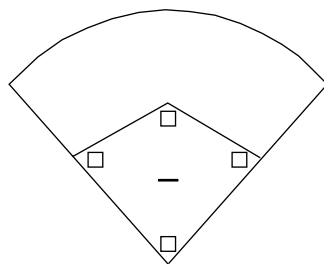
### Pitch Sequence

1st pitch \_\_\_\_ 6th pitch \_\_\_\_  
2nd pitch \_\_\_\_ 7th pitch \_\_\_\_  
3rd pitch \_\_\_\_ 8th pitch \_\_\_\_  
4th pitch \_\_\_\_ 9th pitch \_\_\_\_  
5th pitch \_\_\_\_ 10th pitch \_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

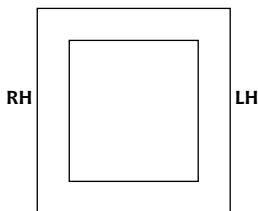
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

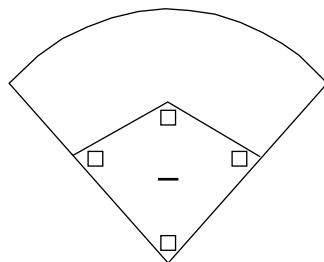
### Pitch Sequence

1st pitch \_\_\_\_ 6th pitch \_\_\_\_  
2nd pitch \_\_\_\_ 7th pitch \_\_\_\_  
3rd pitch \_\_\_\_ 8th pitch \_\_\_\_  
4th pitch \_\_\_\_ 9th pitch \_\_\_\_  
5th pitch \_\_\_\_ 10th pitch \_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

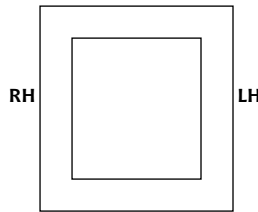
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ (circle one) Runners On Base \_\_\_\_\_ (name/number) # Outs \_\_\_\_\_

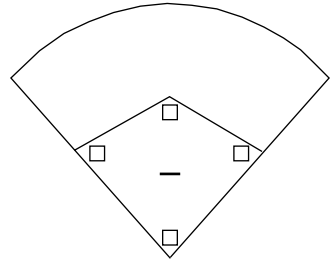
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
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5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

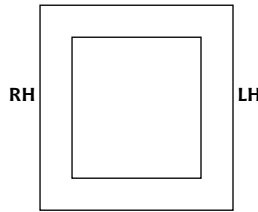
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ (circle one) Runners On Base \_\_\_\_\_ (name/number) # Outs \_\_\_\_\_

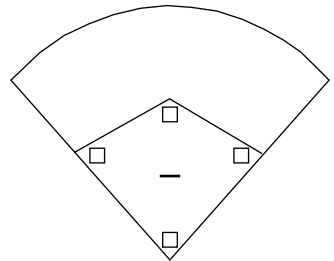
#### Pitch Sequence

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2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

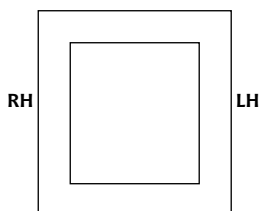
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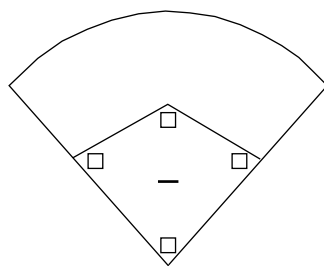
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5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

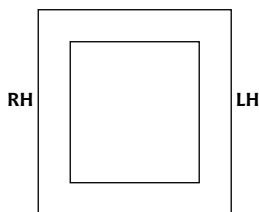
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

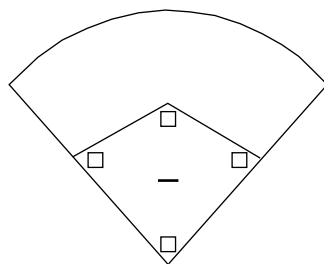
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5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

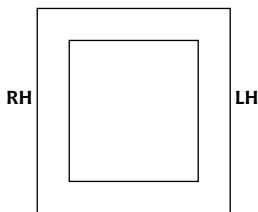
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

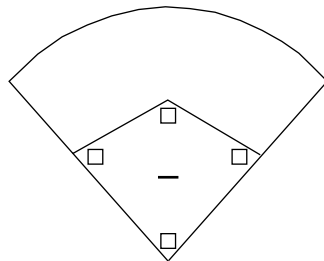
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#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

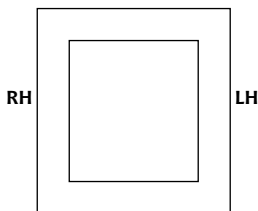
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

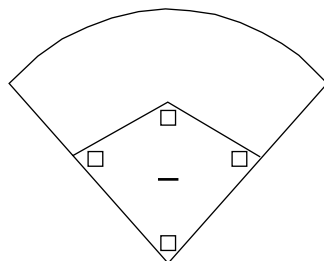
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

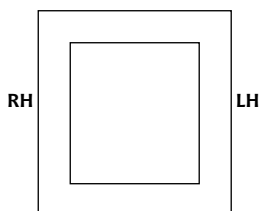
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

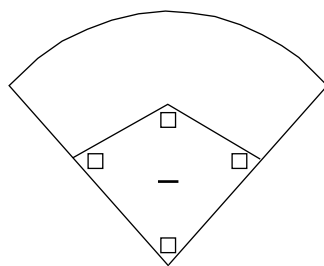
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3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

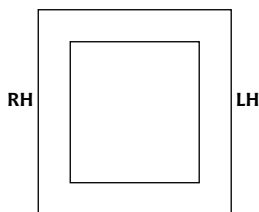
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

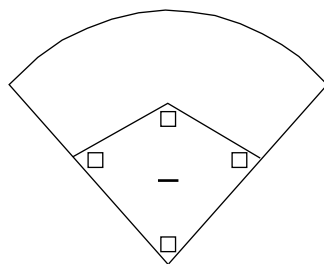
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4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

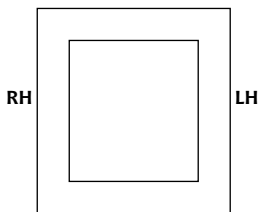
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

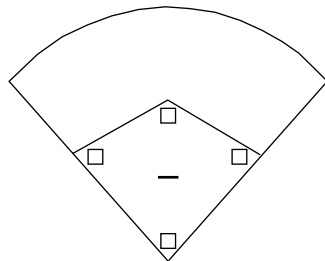
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4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

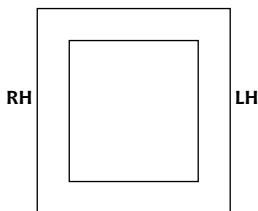
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RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

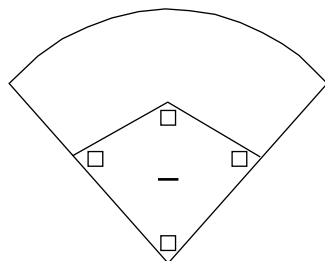
#### Pitch Sequence

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3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

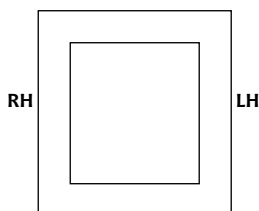
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RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

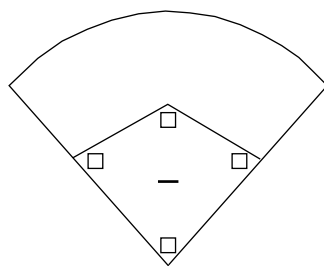
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4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

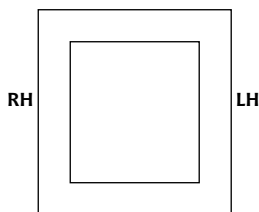
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(circle one) (name/number)

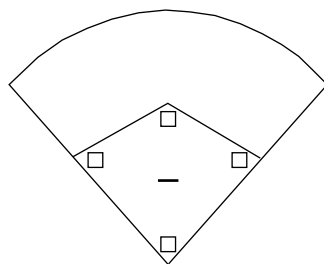
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5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

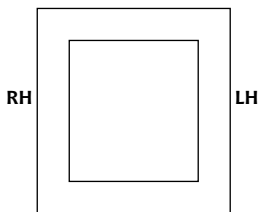
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

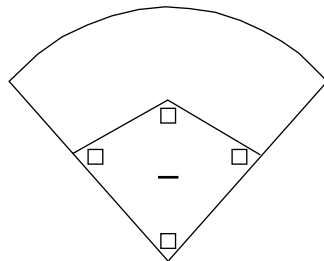
#### Pitch Sequence

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2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

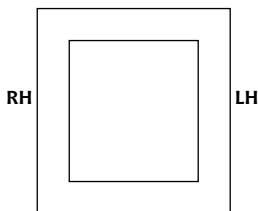
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

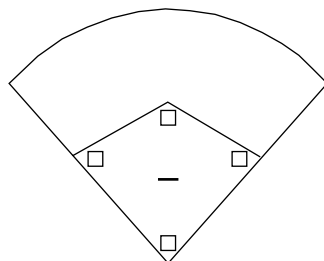
#### Pitch Sequence

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4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## FOUR-GAME CHECKPOINT

### Statistics Collected Over My Past 4 Games

At bats \_\_\_\_\_ Hits \_\_\_\_\_ RBIs \_\_\_\_\_ Runs \_\_\_\_\_ Extra base hits \_\_\_\_\_ BBs \_\_\_\_\_ Ks \_\_\_\_\_

#### Overall Batting Average \_\_\_\_\_

Batting Average with runners on base	At bats _____	Hits _____	Avg. _____
Batting Average with nobody on base	At bats _____	Hits _____	Avg. _____
Batting Average first at bat of game	At bats _____	Hits _____	Avg. _____
Batting Average final at bat of game	At bats _____	Hits _____	Avg. _____
Batting Average first pitch swinging	At bats _____	Hits _____	Avg. _____
Batting Average four pitches or more	At bats _____	Hits _____	Avg. _____
Batting Average with two strikes	At bats _____	Hits _____	Avg. _____

### Result Analysis

Number of balls hit to pulled side of field \_\_\_\_\_

Number of balls hit to opposite field \_\_\_\_\_

Number of balls hit through the middle \_\_\_\_\_

Number of ground balls hit \_\_\_\_\_

Number of fly balls hit \_\_\_\_\_

Number of pop-ups hit to infield \_\_\_\_\_

Number of strikeouts \_\_\_\_\_ (swinging) \_\_\_\_\_ (looking)

Number of bases on balls \_\_\_\_\_

### Questions (circle one)

I'm hitting most balls off the **end/handle/sweet spot** of the bat.

I feel like I'm always **ahead/behind/even** in the count.

My timing is **early/late/right on**.

I'm hitting balls well that are thrown **high/low** in the strike zone.

I'm struggling with pitches **high/low** in the strike zone.

I'm hitting balls well that are on the **inside/outside** part of the plate.

I'm struggling with pitches on the **inside/outside** part of the plate.

My results are better when I swing at **fastballs/off-speed pitches**.

I'm swinging at mostly **fastballs/off-speed pitches**.

My confidence level is **high/low/mediocre**.

# Notes from the Batter's Box

After reviewing the information from my past four games, I have the following comments about my performance:

Plate discipline \_\_\_\_\_

\_\_\_\_\_

Hitting the ball to all fields \_\_\_\_\_

\_\_\_\_\_

Swing mechanics \_\_\_\_\_

\_\_\_\_\_

Situational hitting \_\_\_\_\_

\_\_\_\_\_

Confidence \_\_\_\_\_

\_\_\_\_\_

I feel I am doing very well at the plate in these areas (notes):

\_\_\_\_\_

\_\_\_\_\_

I feel I can improve at the plate in these areas (notes):

\_\_\_\_\_

\_\_\_\_\_

I have practiced these drills over the past four games:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

likely pop the ball up, foul it off, miss it, or top a ground ball. Also, the hitter should not lean forward (or down) with the upper body to hit the pitch. He'll lose strength and leverage and pound the ball into the ground.

When the pitch is down, think legs and finish in a lower position.



By tracking the ball as long as possible with his eyes, the batter gives himself the opportunity to watch his hits sail prodigious distances, as shown here.

Good hitters keep their head as still as possible throughout their swing. This enables the eyes to clearly track the ball from the point of release until it approaches the hitting zone. Head movement diminishes a hitter's ability to identify pitch location and pitch type.

A common call from coaches is to "keep your eye on the ball." This can be achieved only if the lead shoulder remains closed at the start of the swing. The hands and hips should initiate the swing. If the front shoulder flies (or rotates) open at the start of the swing, the head (and eyes) will pull off with it.

The lead shoulder externally rotates *after* contact is made. This is necessary and enables the hitter to finish his swing. Remember, it's the hands and hips that generate bat speed and get the barrel out. The shoulders are just along for the ride.

## DRILL

Set up an L-screen and turn it around so the straight edge of the screen stands on the throwing side. The thrower stands behind and underhand tosses balls to you.

As soon as the ball is released, the tosser moves back behind the screen.

For this drill, work specifically on pitches tossed to the outside part of the plate. Focus on driving each pitch to the opposite field. This forces you to keep your front shoulder closed as the swing begins its path to the ball. You must also allow the ball to travel deep so you can track the ball as long as possible.

Remember, the key to keeping the head on the ball is the front shoulder. Once it pulls off, the head (and eyes) follow.

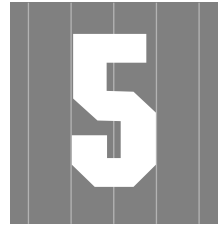
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**“When I struggle, I realize that I’m not seeing the ball. To fix the problem, I don’t worry about where my hands are, how my feet are set up, or where my weight is. I concentrate on seeing the ball and hitting it right back up the middle.”**

**—Scott Rolen, major-league All-Star**

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# WORKING OUT OF SLUMPS

Batting slumps are as much a part of baseball as the national anthem. The very best of the best endure spells when they struggle mightily at the plate. In the spring of 2004, Derek Jeter suffered through the worst slump of his career. He went 32 at bats without a hit. That's 0-for-32! In relative terms for a Little League player, that's 0-for-half of a Little League season. And we're talking about Derek Jeter.

While all hitters struggle periodically, the better hitters minimize the length of their slumps. They are in touch with their typical flaws and know what works best to correct the problem at hand. Each hitter is different in what's causing his slump, so it would stand to reason that each may be different in the method he employs to right the ship. Here is a collection of "slump busters" that have assisted hitters in making their way back to the path of success.

## TAKE EXTRA BATTING PRACTICE

Taking extra batting practice makes sense, and it's usually the first step taken by hitters in a slump. There is no substitute for hard work. The hitter should identify the fundamental flaw or error in approach, make

the proper adjustment, and retrain his body to swing the bat the right way. Extra batting practice helps iron out the swing, and with that, it rebuilds confidence. When hitters put the time in away from competition, they develop a psychological edge that they carry into the game.

There is one extremely important point to understand. Before hopping in the batting cage, hitters must be absolutely sure that they've identified their problem and have a plan for making adjustments during batting practice. In other words, you don't want to get good at doing something the wrong way. If a hitter is dropping his rear shoulder before he swings and then takes five rounds of 20 swings where he continues to drop his shoulder, he's not going to get better. He's going to dig a deeper hole. Have a plan in place rather than taking swing after swing the wrong way.

## **GET BACK TO THE BASICS**

In the midst of a slump, hitting can seem very complicated. In that case, it may help to simplify everything. A hitter should go back to what built his swing. Tee work and soft-toss drills allow a player to feel and focus on the fundamentals of the swing. A hitter should walk through basic drills and gradually build toward live batting practice. He may discover that his swing just needed a tune-up.

## **VISUALIZE**

When a hitter struggles, it's easy to fall in the habit of expecting the worst. This is never a productive mind-set for competitive athletes. Positive thoughts breed positive results. A hitter should think back to when he was swinging the bat well. Recall hard-hit balls to the outfield gap, line drives up the middle, and stroked balls to the opposite field.

Before at bats, instruct the hitter to imagine the pitch he wants and to see himself crushing it. When he sees something positive happening in his own mind, it helps him believe he's capable of actually doing it.

## **HAVE HONEST CONVERSATION**

Many slumps are born of a poor approach at the plate. For example, a hitter may approach each at bat trying to hit every pitch over the outfielder's head. This commonly results in dropping the rear shoulder and swinging under the pitch.

Talk to the hitter and ask him what he's thinking. Is he attempting to hit every pitch over the fence? Is he trying to pull every pitch? Is he simply looking to put the ball in play? Is he afraid to make an out? By asking the hitter to share his thoughts, you may expose the root of the problem.

## **REVIEW VIDEOTAPE**

As the cliché states, "Seeing it is believing it." Many young hitters don't want to listen to instruction, especially from their parents. Kids can be stubborn, but it's also possible they simply don't believe what they're being told. Well, it's one thing to hear it, but it's another thing if they actually see it. The video camera can serve as an extremely useful tool. It not only provides visual proof but accurately illustrates what may be difficult to place into words.

## **CHANGE**

Some players respond positively to change. A change in the stance, preswing, mental approach, or even equipment can jump-start a hitting streak. It should not be a major change in midseason, but a subtle adjustment can have a positive impact. There is more than one way to hit a baseball, so maybe the hitter just needs to shake things up to get himself going. If he believes a minor change makes him a better hitter, by all means let him do it.

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

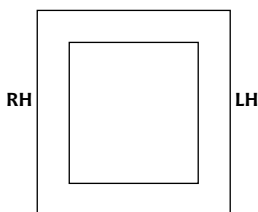
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

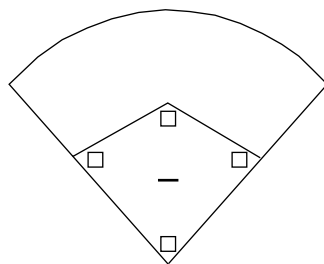
### Pitch Sequence

1st pitch \_\_\_\_ 6th pitch \_\_\_\_  
2nd pitch \_\_\_\_ 7th pitch \_\_\_\_  
3rd pitch \_\_\_\_ 8th pitch \_\_\_\_  
4th pitch \_\_\_\_ 9th pitch \_\_\_\_  
5th pitch \_\_\_\_ 10th pitch \_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

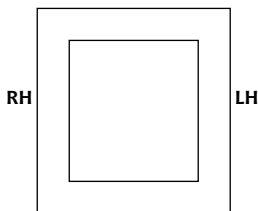
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(circle one) (name/number)

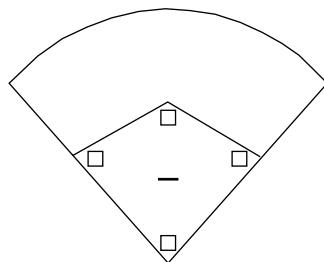
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5th pitch \_\_\_\_ 10th pitch \_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

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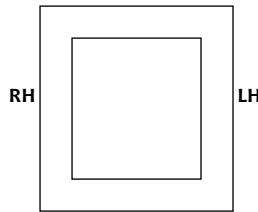
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RH/LH Pitcher \_\_\_\_\_ (circle one) Runners On Base \_\_\_\_\_ (name/number) # Outs \_\_\_\_\_

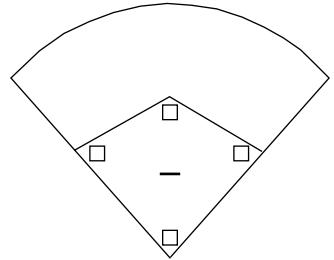
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#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

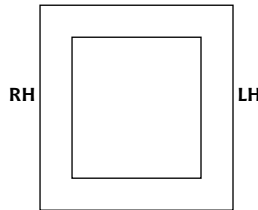
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ (circle one) Runners On Base \_\_\_\_\_ (name/number) # Outs \_\_\_\_\_

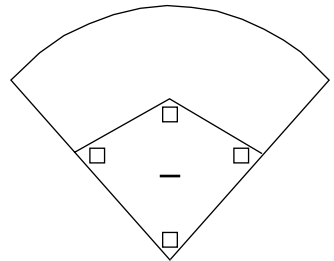
#### Pitch Sequence

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5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

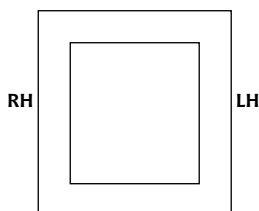
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

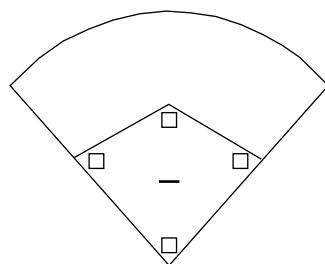
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

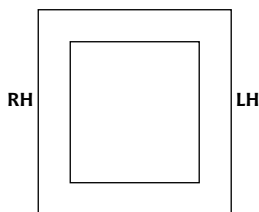
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

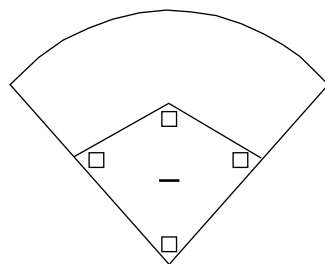
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4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

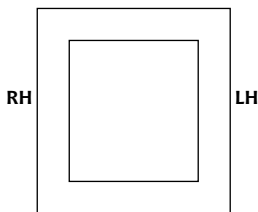
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

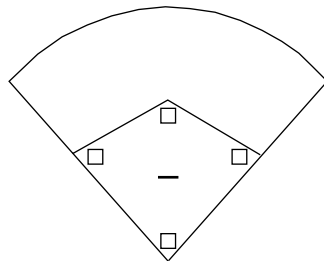
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
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3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

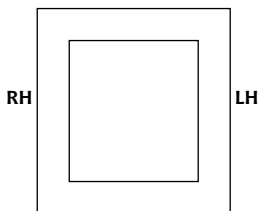
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

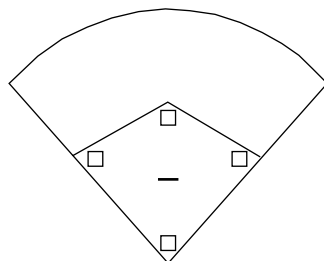
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
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3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

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# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

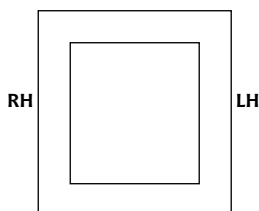
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RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

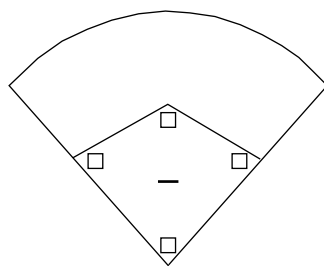
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### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

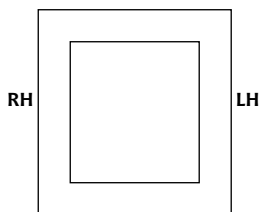
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

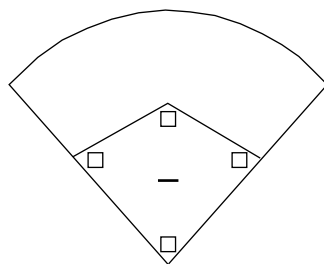
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3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
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### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

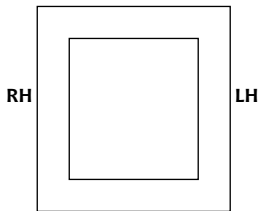
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

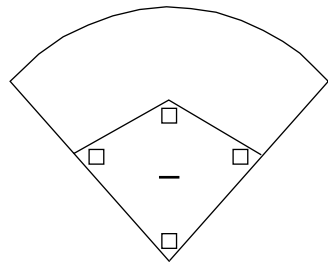
#### Pitch Sequence

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5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

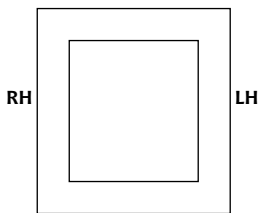
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

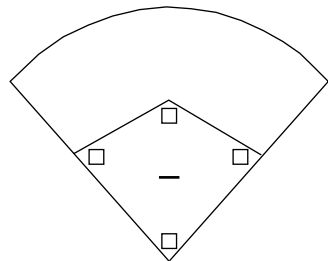
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

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# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

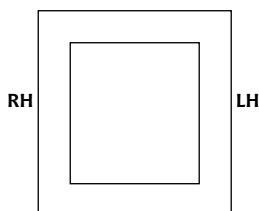
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(circle one) (name/number)

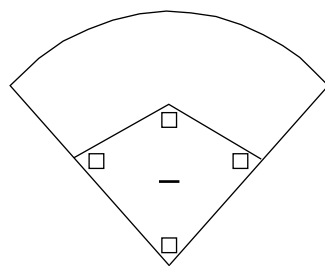
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### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

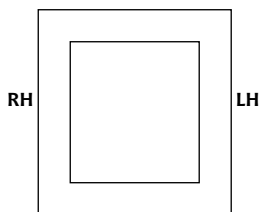
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RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

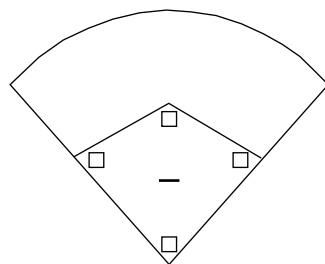
### Pitch Sequence

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### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

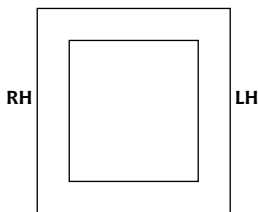
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

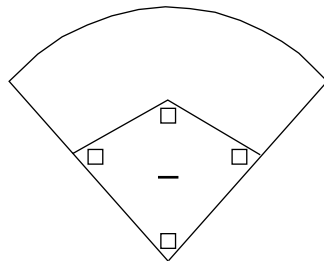
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

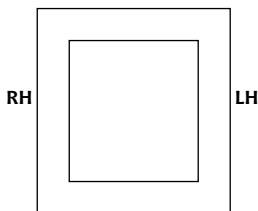
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

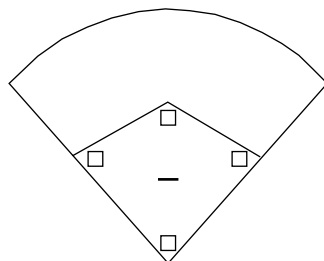
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## FOUR-GAME CHECKPOINT

### Statistics Collected Over My Past 4 Games

At bats \_\_\_\_\_ Hits \_\_\_\_\_ RBIs \_\_\_\_\_ Runs \_\_\_\_\_ Extra base hits \_\_\_\_\_ BBs \_\_\_\_\_ Ks \_\_\_\_\_

#### Overall Batting Average \_\_\_\_\_

Batting Average with runners on base	At bats _____	Hits _____	Avg. _____
Batting Average with nobody on base	At bats _____	Hits _____	Avg. _____
Batting Average first at bat of game	At bats _____	Hits _____	Avg. _____
Batting Average final at bat of game	At bats _____	Hits _____	Avg. _____
Batting Average first pitch swinging	At bats _____	Hits _____	Avg. _____
Batting Average four pitches or more	At bats _____	Hits _____	Avg. _____
Batting Average with two strikes	At bats _____	Hits _____	Avg. _____

### Result Analysis

Number of balls hit to pulled side of field \_\_\_\_\_

Number of balls hit to opposite field \_\_\_\_\_

Number of balls hit through the middle \_\_\_\_\_

Number of ground balls hit \_\_\_\_\_

Number of fly balls hit \_\_\_\_\_

Number of pop-ups hit to infield \_\_\_\_\_

Number of strikeouts \_\_\_\_\_ (swinging) \_\_\_\_\_ (looking)

Number of bases on balls \_\_\_\_\_

### Questions (circle one)

I'm hitting most balls off the **end/handle/sweet spot** of the bat.

I feel like I'm always **ahead/behind/even** in the count.

My timing is **early/late/right on**.

I'm hitting balls well that are thrown **high/low** in the strike zone.

I'm struggling with pitches **high/low** in the strike zone.

I'm hitting balls well that are on the **inside/outside** part of the plate.

I'm struggling with pitches on the **inside/outside** part of the plate.

My results are better when I swing at **fastballs/off-speed pitches**.

I'm swinging at mostly **fastballs/off-speed pitches**.

My confidence level is **high/low/mediocre**.

# Notes from the Batter's Box

After reviewing the information from my past four games, I have the following comments about my performance:

Plate discipline \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Hitting the ball to all fields \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Swing mechanics \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Situational hitting \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Confidence \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I feel I am doing very well at the plate in these areas (notes):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I feel I can improve at the plate in these areas (notes):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I have practiced these drills over the past four games:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



This photo illustrates a hitter raising his hands to level off on a high strike. This pitch is probably out of the strike zone, but because this ball was hit for a home run, we'll overlook the fact that the hitter chased a pitch high.

The telltale indication that the hitter correctly raised his hands to connect with this pitch is the position of his shoulders. They are perfectly level. The mistake hitters make on high pitches is that they drop their rear shoulder and swing up at the pitch. This produces pop-ups, topped ground balls, and swings and misses. This hitter saw the height of the pitch with his eyes, raised his hands to the middle of the ball, and connected.

In addition, he's managed to keep his hands in the palm-up, palm-down position to and through contact. This is extremely difficult to do on high strikes, and it enabled him to drive the ball. Again, let's overlook the fact that he chased a high pitch. He raised his hands, stayed through the ball, and launched this fastball over the outfield fence.

## TAKE FIVE

Taking a break is a viable option. This often benefits players who think too much. Get the bat out of their hands for a day or two. It's not as if they're going to forget how to hit. Allow them to clear their mind and have a fresh outlook when they return.

## DRILL

A coach gets down on one knee and soft tosses balls to you. Instead of tossing to random locations, the coach tosses balls up in the strike zone on each pitch. Focus on raising your hands and leveling off on each pitch.

Once you are able to attack the high strikes correctly, the coach should vary the location of the tosses, throwing some middle, some up, and some down. You must train your eyes to recognize the pitch is up and immediately react by raising your hands.

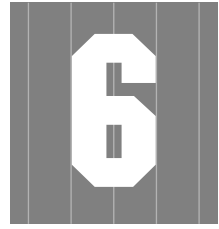
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**“The key to hitting the high strike is keeping your hands on top of the ball. You can’t swing up at a high strike. That’s uppercutting, and all you’ll hit are fly balls. I get my hands on top of the ball and swing the bat level through the zone.”**

**—Doug Glanville, major-league player**

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## **GROUND BALL OUTS TO THE PULL SIDE**

Hitting ground balls to the pull side of the infield is a common result that can become frustrating. It's not a terrible result, but the hitter is often capable of doing more. If a pattern begins to form showing pulled ground balls to be the majority of the hitter's outs, here are some mistakes he could be guilty of committing.

### **ROLLING THE TOP HAND PREMATURELY**

When a hitter swings the bat, his lead arm (left arm for right-handed batters) begins to pull the bat down and forward toward the incoming pitch. As the hands reach the chest area (approximately), the top hand takes over and becomes the dominant hand in the swing. The wrist unhinges to deliver the barrel of the bat to the ball. At contact, the hands should be in the palm-up, palm-down position. Before, during, and just after contact, the hands remain in this position. After the ball has left the bat, the top hand continues to roll over into the follow-through.

If the top hand rolls over prematurely (just before contact), the barrel rises upward slightly. Now instead of striking the middle of the

ball, the bat clips the top half of the ball and produces a ground ball. The early rollover also takes the barrel out of the zone quickly, making the hitter vulnerable to off-speed pitches and pitches thrown on the outside part of the plate.

Many hitters believe they are hitting balls on the ground because they are swinging down. That makes sense, but usually the opposite is true. They are coming up out of their swing prematurely by rolling the top hand. They catch the top of the ball on their way up, and a ground ball is produced. Stay through the ball and don't roll the wrists too early.

## **OPENING THE FRONT SHOULDER**

The hips and hands initiate the swing. The shoulders remain quiet. That is key to generating a quick, compact swing. Hitters often start their swing by externally rotating their front shoulder out, which results in swinging the bat with their arms and shoulders. The upper body should not fuel the swing. The hands and hips fire the bat.

When the lead shoulder opens early, the arms and bat extend out and get around the outside of the ball. The swing sweeps through and quickly out of the hitting zone to the pull side. This manufactures a lot of pulled ground balls.

The front shoulder eventually rotates outward on a good swing, it just doesn't initiate the swing. Advise the hitter to quiet his shoulders and swing the bat with his hips and hands.

## **BARRING THE LEAD ARM AND CASTING THE SWING**

During the preswing, the hands move back before swinging the bat forward. This is called "loading" and is a necessary movement to generate maximum bat speed and power. A mistake often made during the loading stage is the lead arm (left arm for a right-handed hitter) bars out or reaches extension before the forward swing is unleashed. The

hands travel too far back and the elbow locks stiff. Once the lead arm is barred or extended, the swing casts out and around the incoming pitch. The swing will appear long and slow.

The loading movement is necessary, but it's only a slight movement back. Instruct the hitter to lightly push his hands back just before swinging the bat. The elbow should still be flexed when the swing starts.

## **SWINGING EARLY**

Hitters are told to be aggressive yet patient. They're told to stay back but get the barrel out. These conflicting thoughts are part of what make hitting a craft so difficult to master.

If the hitter starts his swing too early, it's mainly because he's overeager. The result, however, is a weak ground ball to the pull side. The hitter reaches out for the ball (not a strong position), and the ball contacts the end of the bat. It's frustrating, but the hitter must learn to trust himself and let the ball get closer to him.

It often helps to think about hitting every pitch to the opposite field. This forces the hitter to stay back and let the ball get to him. This is especially important when facing a pitcher who throws slowly. Trying to pull these pitches will produce nothing but weak ground balls and pop-ups. Think about hitting a hard line drive to the opposite field.

## **STEPPING IN THE BUCKET**

The swing generally follows the front foot. If the hitter strides open (away from home plate), his swing will pull out of the hitting zone and, consequently, he will pull the pitch. Stepping in the bucket creates all types of additional problems, but it can be a main culprit in pulling ground ball after ground ball.

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

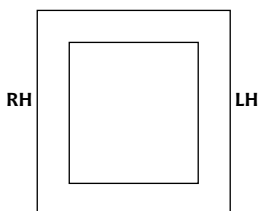
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

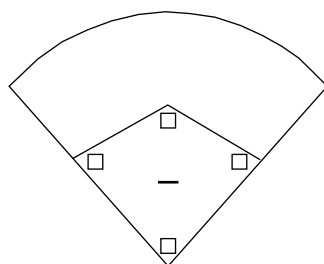
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2nd pitch \_\_\_\_ 7th pitch \_\_\_\_  
3rd pitch \_\_\_\_ 8th pitch \_\_\_\_  
4th pitch \_\_\_\_ 9th pitch \_\_\_\_  
5th pitch \_\_\_\_ 10th pitch \_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

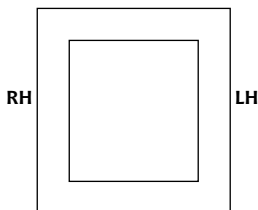
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

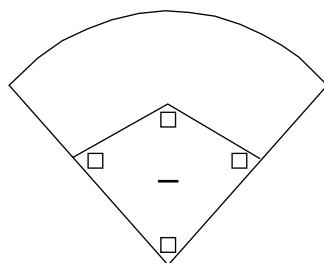
### Pitch Sequence

1st pitch \_\_\_\_ 6th pitch \_\_\_\_  
2nd pitch \_\_\_\_ 7th pitch \_\_\_\_  
3rd pitch \_\_\_\_ 8th pitch \_\_\_\_  
4th pitch \_\_\_\_ 9th pitch \_\_\_\_  
5th pitch \_\_\_\_ 10th pitch \_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

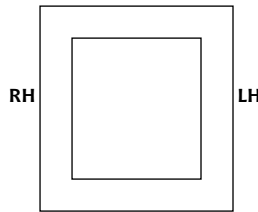
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ (circle one) Runners On Base \_\_\_\_\_ (name/number) # Outs \_\_\_\_\_

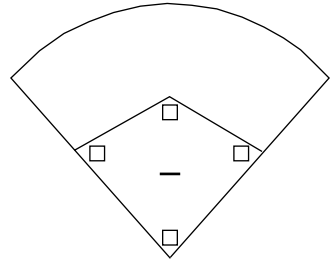
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

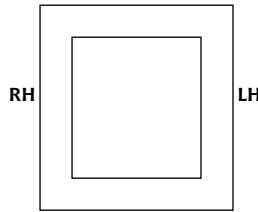
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ (circle one) Runners On Base \_\_\_\_\_ (name/number) # Outs \_\_\_\_\_

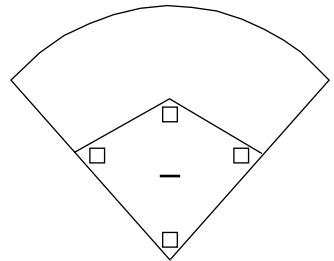
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

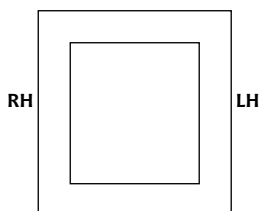
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

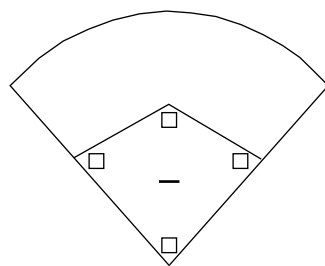
### Pitch Sequence

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3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

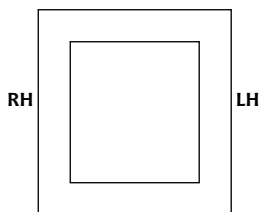
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

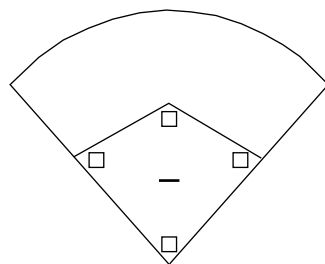
### Pitch Sequence

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3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

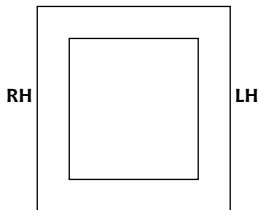
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RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

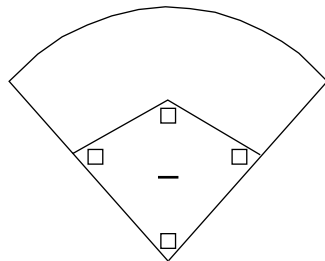
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

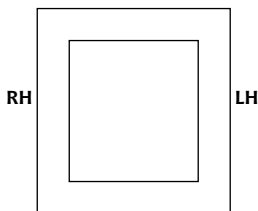
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

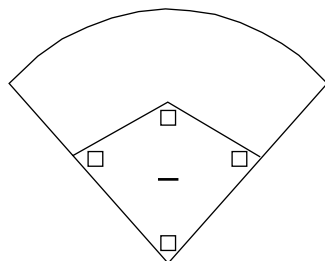
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

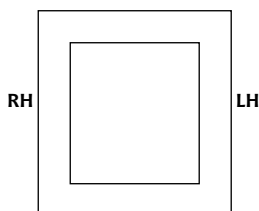
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RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

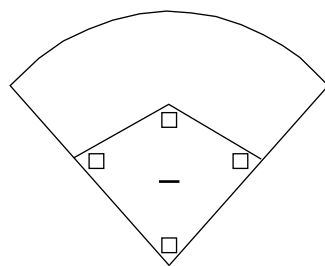
### Pitch Sequence

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3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

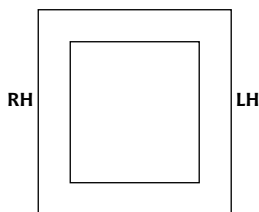
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RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

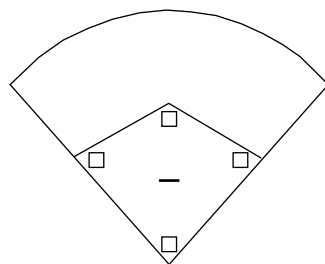
### Pitch Sequence

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3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

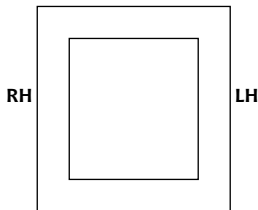
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

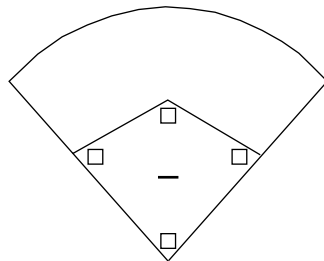
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
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3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

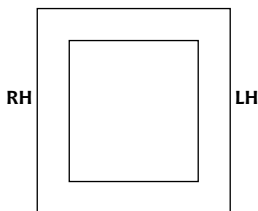
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

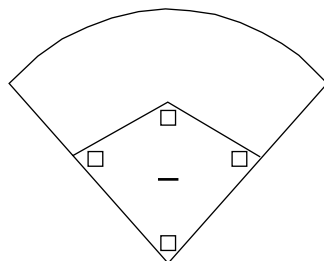
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

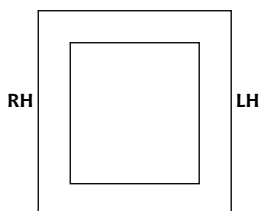
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

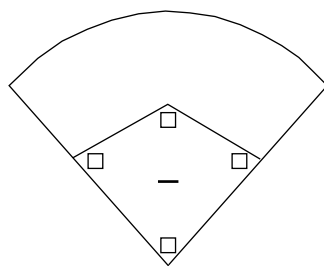
### Pitch Sequence

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3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

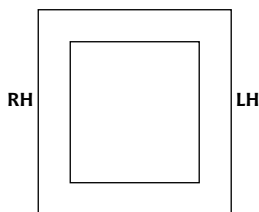
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RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

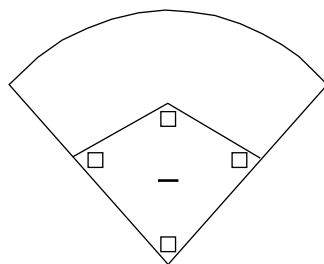
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
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4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

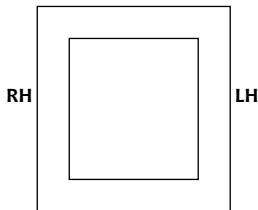
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

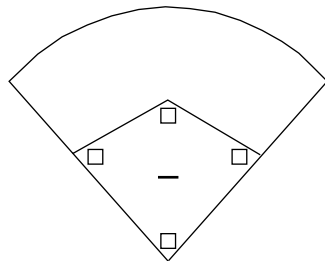
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

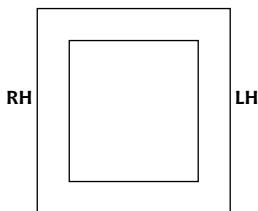
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

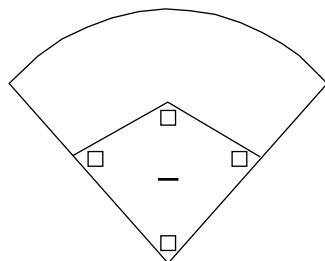
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## FOUR-GAME CHECKPOINT

### Statistics Collected Over My Past 4 Games

At bats \_\_\_\_\_ Hits \_\_\_\_\_ RBIs \_\_\_\_\_ Runs \_\_\_\_\_ Extra base hits \_\_\_\_\_ BBs \_\_\_\_\_ Ks \_\_\_\_\_

#### Overall Batting Average \_\_\_\_\_

Batting Average with runners on base	At bats _____	Hits _____	Avg. _____
Batting Average with nobody on base	At bats _____	Hits _____	Avg. _____
Batting Average first at bat of game	At bats _____	Hits _____	Avg. _____
Batting Average final at bat of game	At bats _____	Hits _____	Avg. _____
Batting Average first pitch swinging	At bats _____	Hits _____	Avg. _____
Batting Average four pitches or more	At bats _____	Hits _____	Avg. _____
Batting Average with two strikes	At bats _____	Hits _____	Avg. _____

### Result Analysis

Number of balls hit to pulled side of field \_\_\_\_\_

Number of balls hit to opposite field \_\_\_\_\_

Number of balls hit through the middle \_\_\_\_\_

Number of ground balls hit \_\_\_\_\_

Number of fly balls hit \_\_\_\_\_

Number of pop-ups hit to infield \_\_\_\_\_

Number of strikeouts \_\_\_\_\_ (swinging) \_\_\_\_\_ (looking)

Number of bases on balls \_\_\_\_\_

### Questions (circle one)

I'm hitting most balls off the **end/handle/sweet spot** of the bat.

I feel like I'm always **ahead/behind/even** in the count.

My timing is **early/late/right on**.

I'm hitting balls well that are thrown **high/low** in the strike zone.

I'm struggling with pitches **high/low** in the strike zone.

I'm hitting balls well that are on the **inside/outside** part of the plate.

I'm struggling with pitches on the **inside/outside** part of the plate.

My results are better when I swing at **fastballs/off-speed pitches**.

I'm swinging at mostly **fastballs/off-speed pitches**.

My confidence level is **high/low/mediocre**.

# Notes from the Batter's Box

After reviewing the information from my past four games, I have the following comments about my performance:

Plate discipline \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Hitting the ball to all fields \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Swing mechanics \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Situational hitting \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Confidence \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I feel I am doing very well at the plate in these areas (notes):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I feel I can improve at the plate in these areas (notes):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I have practiced these drills over the past four games:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



This hitter is in excellent balance, but he rolled the top hand too early in his swing. This raised the barrel out of the hitting zone prematurely and caused the barrel of the bat to contact the top of the baseball. The result is a chopper in front of home plate.

The image shown is a perfect example of why hitting is so difficult. This hitter had done everything right in terms of his mechanics. He has a stiff front leg, his hips have rotated with a good pivot on the back foot, his head is down, and he's in excellent balance. The difference between a hard-hit ball and the result shown here is the top hand rolling a fraction of a second too early.

At the point of contact (and slightly after), the hands should be in the palm-up, palm-down position. The hands function much more powerfully in this position, and it also keeps the barrel on path with the middle of the ball.

## DRILL

This is a variation of the traditional soft-toss drill. From your customary stance position, take an aggressive swing at the ball. However, stop your swing just after contact, keeping your hands in the palm-up, palm-down position. If performed correctly, the ball should jump off the barrel and travel back through the middle.

This drill is designed to stop you from rolling your top hand prematurely. If you roll early, you'll see it in your result and finish. The ball will be topped weakly to the pull side, and your top hand will be turned over your bottom hand in the finish position. To strike the ball with authority, you must stay in the palm-up, palm-down position.

This is a drill that can also be practiced from the front-toss position if the coach stands behind an L-screen and tosses balls from in front of the hitter. You should attempt to hit everything back through the middle.

Stopping your swing at (or just after) contact and keeping your hands in the palm-up, palm-down position forces you to keep the barrel on a level path through the baseball. This is classified as a "feel" drill and will help the hitter better understand and feel the proper position of the hands at contact.

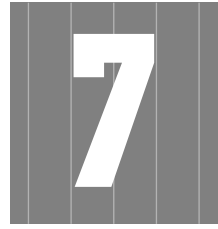
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**"Hitting is a lot about timing. If you're a split second early or late, you won't hit the ball squarely."**

**—Paul O'Neill, former major-league player**

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## POP-UP / FLY BALL OUTS

Hitting the ball in the air gives the defense an excellent chance of recording an out. One of the defensive players needs only to catch the ball before it hits the ground. There is no chance of a bad hop, errant throw, or missed tag. Pop-ups and fly balls may land safely in minor divisions, but as players progress, they're easy outs.

There are various reasons why a hitter is popping balls up, but one occurrence is consistent with each swing. The batter is contacting the bottom of the ball. *Why* he's catching the bottom half of the ball is the question to solve.

### DROPPING THE REAR SHOULDER

Kids like to hit the ball far. It makes them feel good. It also provides an opportunity for extra-base hits. What gets hitters into trouble is when they try to manufacture these long hits. To get the ball in the air, they drop their rear shoulder before the swing in an attempt to lift the ball.

The shoulders remain level at the start of a fundamentally sound swing. The bat starts down and forward before leveling off as it enters

the hitting zone. To level the bat off, the shoulders tilt slightly, especially on low strikes.

The mistake committed by hitters is dropping the rear shoulder before the swing starts. The bat lays back and hands drop down. In an attempt to generate power from this position, the hitter pulls the barrel up at the ball. Rather than having a down-to-level swing, the hitter produces an uppercut. When the bat comes up at the ball, there is a much greater chance of hitting the bottom of the ball.

When hitters are hitting a lot of balls in the air, they should think about maintaining leverage with their rear shoulder. In other words, keep it up. This is a stronger position from which to swing the bat and enables the hitter to travel a down-to-level path to the ball. Raising the hands in the stance slightly or raising the back elbow are quick fixes that may (or may not) help the hitter who drops his rear shoulder.

## **HAVING A WEAK TOP HAND**

The top hand is the strong hand on the baseball bat. It is the right hand for a right-handed hitter and the left hand for a left-handed hitter. The top hand delivers the barrel to the ball and also keeps the barrel up during its swing path.

When the top hand gets lazy, the barrel drags and dips. Even if the barrel dips just a hair, it's enough to lower its path from the middle of the ball and catch the bottom. The barrel should remain above the ball during the swing until it levels off just before contact.

Another reason the barrel dips just before contact is that the hitter is early or "out in front" with his swing. This causes the hitter to reach for the ball, making it much more difficult to keep the barrel up. Early swings typically occur when the hitter is overanxious or facing a pitcher who throws below-average fastballs and off-speed pitches. If this seems to be happening frequently, the hitter should think about hitting the ball back through the middle and letting the ball get to him.

## **DESCENDING THROUGH THE HITTING ZONE**

When the ball goes up in the air off the bat, observers immediately think uppercut. Usually, this is true. But in some cases, the exact opposite is true. The hitter is cutting down through the zone and clipping the bottom of the ball.

As mentioned earlier, a correct swing starts down and then levels off as it enters the hitting zone. However, when the swing continues its path downward and fails to level off in time, the bat slices the bottom of the ball, sending it upward. The good thing is the hitter is not far off with his swing. He just needs to flatten his hands sooner to level off his swing and get to the palm-up, palm-down position at contact.

Many great hitters have a swing that is still descending slightly as it enters the hitting zone and strikes the ball. When executed correctly, it imparts backspin on the ball and can carry it great distances. This is an advanced skill that requires perfect timing and exceptional hand-eye coordination.

## **CHASING PITCHES UP IN THE ZONE**

The higher the pitch, the more likely the hitter is to hit the ball in the air. Hitters that continue to chase high pitches and produce fly balls must practice better plate discipline. They should look for the ball to be below their hands and force the pitch to be down in the zone.

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

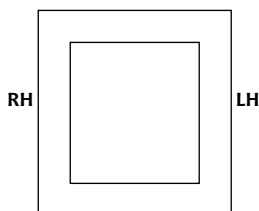
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

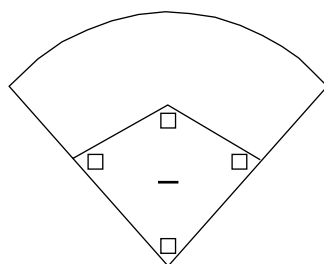
### Pitch Sequence

1st pitch \_\_\_\_ 6th pitch \_\_\_\_  
2nd pitch \_\_\_\_ 7th pitch \_\_\_\_  
3rd pitch \_\_\_\_ 8th pitch \_\_\_\_  
4th pitch \_\_\_\_ 9th pitch \_\_\_\_  
5th pitch \_\_\_\_ 10th pitch \_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

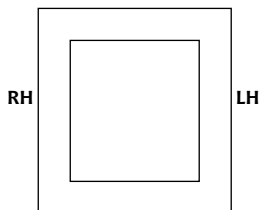
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

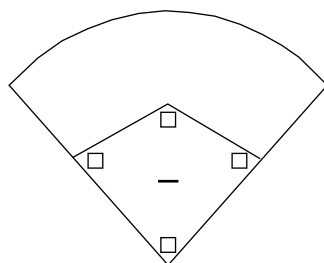
### Pitch Sequence

1st pitch \_\_\_\_ 6th pitch \_\_\_\_  
2nd pitch \_\_\_\_ 7th pitch \_\_\_\_  
3rd pitch \_\_\_\_ 8th pitch \_\_\_\_  
4th pitch \_\_\_\_ 9th pitch \_\_\_\_  
5th pitch \_\_\_\_ 10th pitch \_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

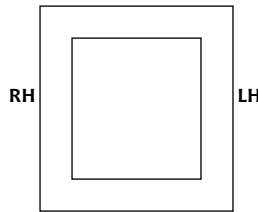
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ (circle one) Runners On Base \_\_\_\_\_ (name/number) # Outs \_\_\_\_\_

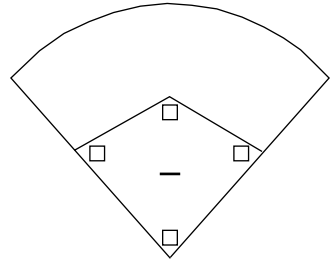
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

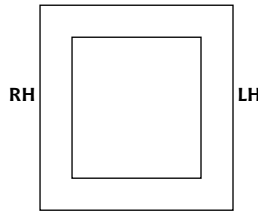
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ (circle one) Runners On Base \_\_\_\_\_ (name/number) # Outs \_\_\_\_\_

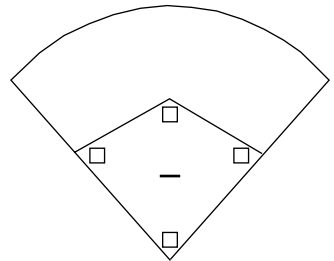
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

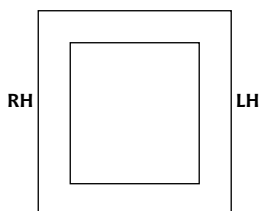
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

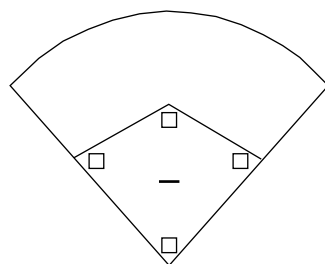
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

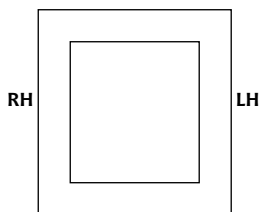
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

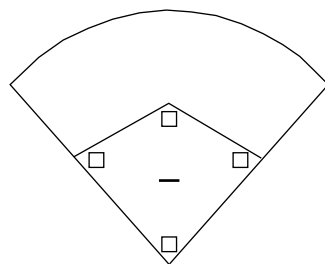
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

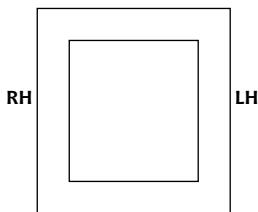
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

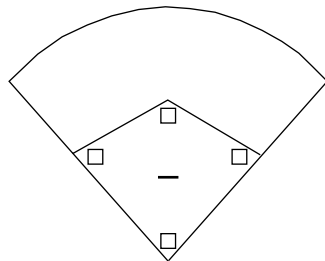
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

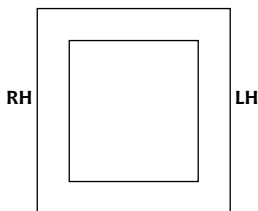
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

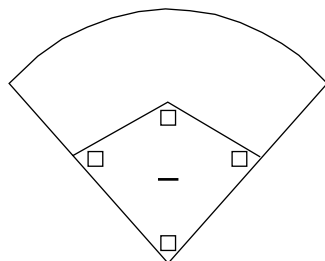
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

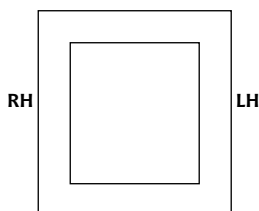
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

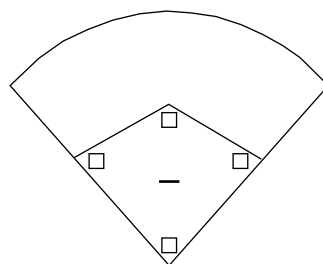
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

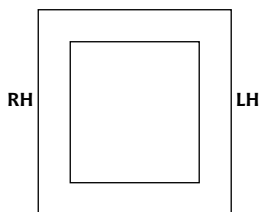
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

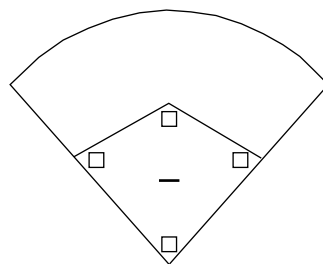
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

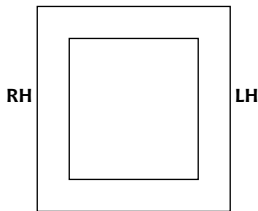
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

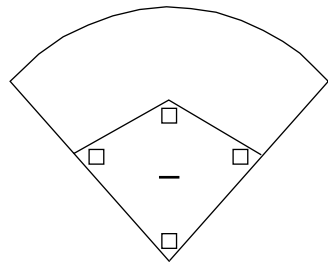
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

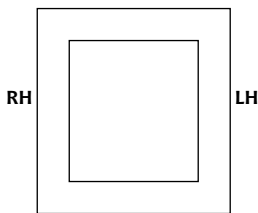
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

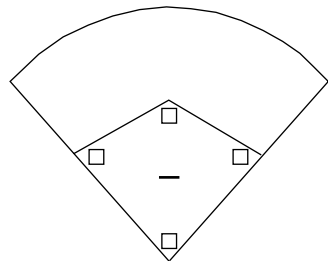
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

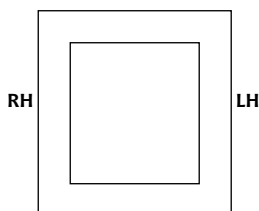
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

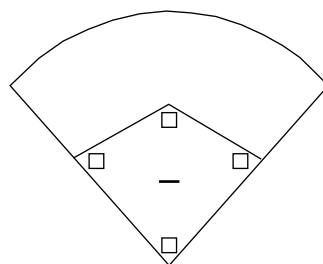
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

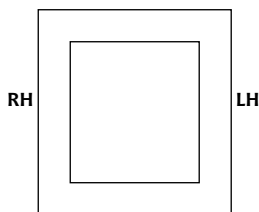
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

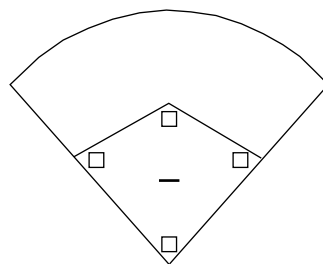
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

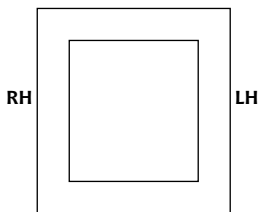
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

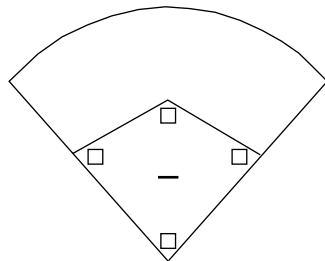
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

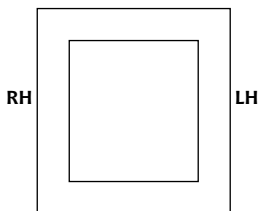
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

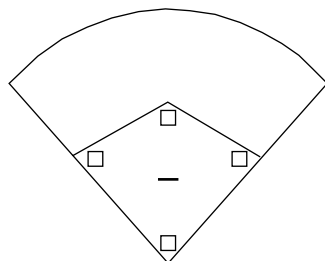
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## FOUR-GAME CHECKPOINT

### Statistics Collected Over My Past 4 Games

At bats \_\_\_\_\_ Hits \_\_\_\_\_ RBIs \_\_\_\_\_ Runs \_\_\_\_\_ Extra base hits \_\_\_\_\_ BBs \_\_\_\_\_ Ks \_\_\_\_\_

#### Overall Batting Average \_\_\_\_\_

Batting Average with runners on base	At bats _____	Hits _____	Avg. _____
Batting Average with nobody on base	At bats _____	Hits _____	Avg. _____
Batting Average first at bat of game	At bats _____	Hits _____	Avg. _____
Batting Average final at bat of game	At bats _____	Hits _____	Avg. _____
Batting Average first pitch swinging	At bats _____	Hits _____	Avg. _____
Batting Average four pitches or more	At bats _____	Hits _____	Avg. _____
Batting Average with two strikes	At bats _____	Hits _____	Avg. _____

### Result Analysis

Number of balls hit to pulled side of field \_\_\_\_\_

Number of balls hit to opposite field \_\_\_\_\_

Number of balls hit through the middle \_\_\_\_\_

Number of ground balls hit \_\_\_\_\_

Number of fly balls hit \_\_\_\_\_

Number of pop-ups hit to infield \_\_\_\_\_

Number of strikeouts \_\_\_\_\_ (swinging) \_\_\_\_\_ (looking)

Number of bases on balls \_\_\_\_\_

### Questions (circle one)

I'm hitting most balls off the **end/handle/sweet spot** of the bat.

I feel like I'm always **ahead/behind/even** in the count.

My timing is **early/late/right on**.

I'm hitting balls well that are thrown **high/low** in the strike zone.

I'm struggling with pitches **high/low** in the strike zone.

I'm hitting balls well that are on the **inside/outside** part of the plate.

I'm struggling with pitches on the **inside/outside** part of the plate.

My results are better when I swing at **fastballs/off-speed pitches**.

I'm swinging at mostly **fastballs/off-speed pitches**.

My confidence level is **high/low/mediocre**.

# Notes from the Batter's Box

After reviewing the information from my past four games, I have the following comments about my performance:

Plate discipline \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Hitting the ball to all fields \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Swing mechanics \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Situational hitting \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Confidence \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I feel I am doing very well at the plate in these areas (notes):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I feel I can improve at the plate in these areas (notes):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I have practiced these drills over the past four games:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



A hitter is not always uppercutting when he produces a fly ball. Balls hit in the air are also caused by a descending swing that fails to flatten out in time. This hitter puts an exceptional swing on the ball but doesn't quite get the bat level in time.

Notice the position of his upper body and shoulders. Their position is not indicative of a hitter who dropped his rear shoulder and swung up at the ball. Instead, he correctly started his swing on a descending path. He simply didn't level off before contact. Because the swing continued down as the barrel approached the ball, he caught the bottom of the ball sending it upward.

This batter is in a great hitting position. It's one of those swings where he probably returned to the dugout and said, "I just missed that one."

## DRILL

A level swing enables hitters to strike balls hard consistently. At times, although a hitter may feel as if he is swinging level, in reality he's descending or uppercutting through the hitting zone. A good way to determine the path of each swing is to track ball flight.

Set up a batting tee at one end of the cage. Attempt to hit a line drive to the back of the cage with each swing. If you strike balls on a line consistently, your swing is level through the hitting zone. If you pop balls up, you're likely dropping your hands and swinging up at the ball. If you're beating balls into the ground, you're probably slashing down at the ball and contacting the top of the ball.

Keep in mind that negative results may be caused by the opposite of what seems sensible. You may hit ground ball after ground ball because you're ascending or coming up out of your swing too early and topping off the ball. You may also chop down and clip the bottom of the ball, thus sending the ball upward.

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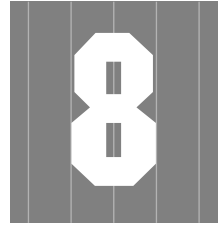
**“The first movement is to start down at the ball. But as you move the barrel to the hitting zone, the swing should level off and then move slightly up. You start down, but you don’t continue down through the ball.”**

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**—Hal McRae, major-league hitting coach**

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## **FINDING A HITTING APPROACH THAT WORKS**

At the rudimentary levels of the game, matchups between the hitter and pitcher are very basic. The pitcher attempts to throw strikes, and the hitter tries to hit the ball. As hitters progress in age and ability, the attack plans of their adversaries become more sophisticated. Pitchers simply get better and make the hitter's job more challenging.

The most obvious asset pitchers gain is velocity. The bigger, stronger, and more experienced pitchers get, the faster they can throw the baseball. Increased velocity gives the hitter less time to decide whether or not he will swing the bat. More specifically, it provides hitters with less time to adjust their technique to hitting high, low, inside, and outside strikes.

Pitchers develop better command of their pitches. Instead of aiming for the general strike zone, pitchers begin to target specific areas of the strike zone. They work hitters in and out, up and down. With that, they may recognize a weakness and attempt to exploit it. For example, a pitcher may notice that the hitter steps in the bucket (strides open) and attack the outside part of the plate.

Finally, pitchers learn to throw pitches other than the fastball. A pitcher who possesses a good changeup can be very effective by changing speeds. For the hitter, timing now becomes an issue. It's no longer

as simple as seeing a strike and executing a fundamentally sound swing, because the pitches are now traveling at varying speeds.

When pitchers boast improved velocity, control, off-speed pitches, and experience on the mound, the hitter must counter by elevating his level of play. He can't always rely on his physical skills because he may find himself overmatched. Hitters need to approach at bats with a plan, which may change from at bat to at bat, game to game, or week to week.

Here are several approaches a hitter can take to the plate. Not every plan works for every hitter. Furthermore, some plans may work at certain times but not others. Understanding what plans work at certain times is equally as important as understanding the mechanics of your own swing.

*1. First-pitch hitting—taking advantage of first-pitch fastballs.* Consider the pitcher's position out on the mound. He has been taught since Day 1 to get ahead in the count. There is a good chance he'll throw a fastball over the heart of the plate on his first pitch. Take advantage of it. It may be the best pitch you see in the at bat.

*2. Hitting deep in the count—seeing pitches instead of swinging early in the count.* This is an approach for hitters who struggle with being too aggressive. Hitting deep in the count allows hitters to see several pitches, which improves their sense of timing and picking up pitches out of the pitcher's hand. Many hitters are better two-strike hitters because it heightens their focus.

*3. Zone hitting—looking for a pitch in a specific area.* A hitter may divide the strike zone into four areas: up and in, down and in, up and away, and down and away. Perhaps he even simplifies and breaks it into two areas: up and down or in and out. Whatever the case, the batter looks for a pitch in a specific zone. If the pitch is there, he attacks it. If it's not in the zone, he takes the pitch. (This approach must be adjusted with two strikes in the count.)

4. *Count hitting—looking for a certain pitch based on the count and game situation.* A typical fastball count in generic situations may be 0-0, 1-0, 2-0, 2-1, 3-0, or 3-1. In these situations, a hitter may look for a fastball in his hitting zone to attack. Typical off-speed counts may be 0-1, 0-2, 1-1, 1-2, or 2-2. A hitter might anticipate something off-speed when hitting in these counts. Several other factors come into play when count hitting. Who is pitching? What is the score? Where do you hit in the lineup? Is there anybody on base?

5. *Thinking middle-opposite field—looking to hit the ball to the opposite field.* This approach allows the hitter to see the ball long. It forces the batter to keep his front side closed longer and his head on the ball longer, and it prevents him from rolling the top hand over prematurely. All hitters who regularly post high batting averages possess this ability. It's also a standard approach for hitters pulling off the ball or struggling with off-speed pitches.

6. *Jumping on the first good fastball.* Some pitchers may have a great “out” pitch such as a changeup, sinker, or breaking ball—a pitch that appears to be unhittable. In this case, the hitter may want to attack the first good fastball he receives. In other words, get to the pitcher before he has the opportunity to get you with his out pitch.

7. *See the ball, hit the ball—find the baseball with your eyes and attack it with the barrel.* Sometimes the mind gets cluttered with too much thought and information. When this happens, the hitter may benefit from a more primitive approach. This approach won't work forever, but it can help get a hitter going.



Part of offensive baseball is situational hitting. Sacrifice bunting moves base runners into scoring position, which helps manufacture runs. *Every* player should learn to bunt so he is able to execute if the game situation calls for a sacrifice.

Half the battle to sacrifice bunting is getting into position. This hitter does an excellent job of getting into the bunting position, and he's done it early enough so he's awaiting the pitch. The bat is held out in front so his eyes can see the ball into the bat. The bat is angled slightly upward, which helps bunt the ball down. The knees are bent and the elbows slightly flexed.

Once the hitter is in position, it's a matter of getting a strike and receiving the ball with the barrel. The batter should attempt to "catch the ball" with the bat. In a sacrifice situation, bunt the ball *first*, and then run to first base.

## DRILL

This drill is designed to develop bunting accuracy. Controlling the direction of bunts helps hitters keep the ball fair and advance runners without risk.

On a baseball field, place a bucket 15 feet from home plate and 10 feet in from the first-base line. Place a second bucket 15 feet from home plate and 10 feet in from the third-base line. You get six bunts and try to accumulate the most points possible.

The first three bunts are directed toward first base. If you bunt the ball between the bucket and the first-base line, you receive two points. If you miss the target but still bunt the ball fairly, you receive one point. A foul ball, missed pitch, or pop-up is worth zero points. The next three bunts are directed toward third base. A perfect score is 12 points.

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**“In bunting, we want to let the ball come toward the bat. A big mistake bad bunters make is trying to jab the bat at the ball. Once you’ve moved your bat into the bunting zone, the only time the bat, or any part of your body, should move is when the ball actually makes contact with the bat.”**

**—Rod Carew, *Baseball Hall of Famer***

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# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

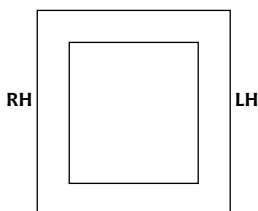
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

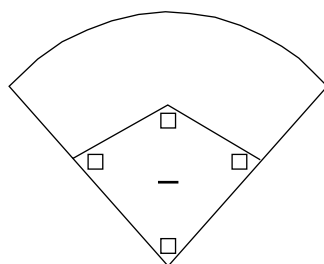
### Pitch Sequence

1st pitch \_\_\_\_ 6th pitch \_\_\_\_  
2nd pitch \_\_\_\_ 7th pitch \_\_\_\_  
3rd pitch \_\_\_\_ 8th pitch \_\_\_\_  
4th pitch \_\_\_\_ 9th pitch \_\_\_\_  
5th pitch \_\_\_\_ 10th pitch \_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

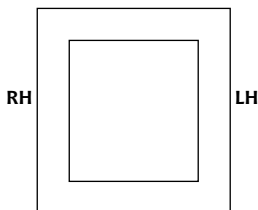
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

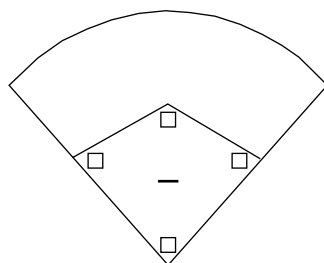
### Pitch Sequence

1st pitch \_\_\_\_ 6th pitch \_\_\_\_  
2nd pitch \_\_\_\_ 7th pitch \_\_\_\_  
3rd pitch \_\_\_\_ 8th pitch \_\_\_\_  
4th pitch \_\_\_\_ 9th pitch \_\_\_\_  
5th pitch \_\_\_\_ 10th pitch \_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

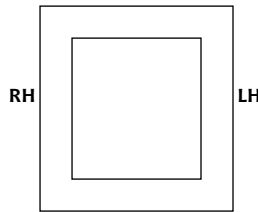
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ (circle one) Runners On Base \_\_\_\_\_ (name/number) # Outs \_\_\_\_\_

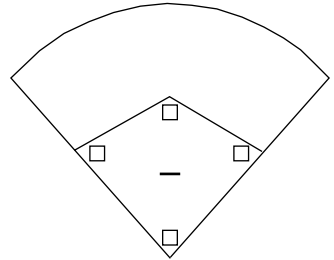
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

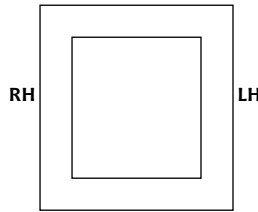
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ (circle one) Runners On Base \_\_\_\_\_ (name/number) # Outs \_\_\_\_\_

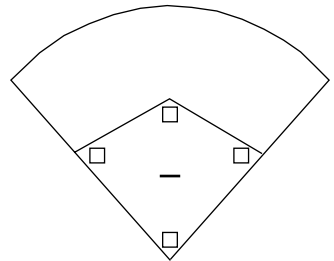
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

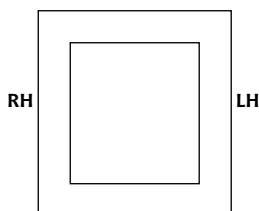
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

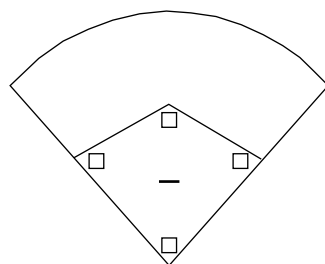
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

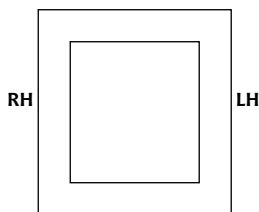
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

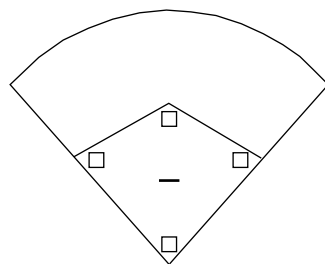
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

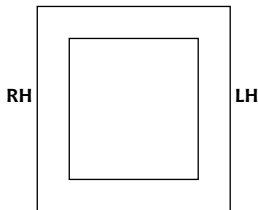
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

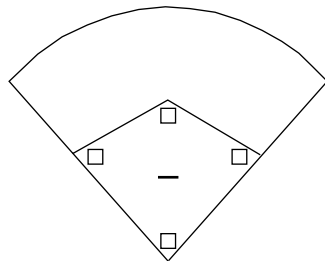
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

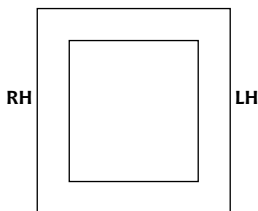
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

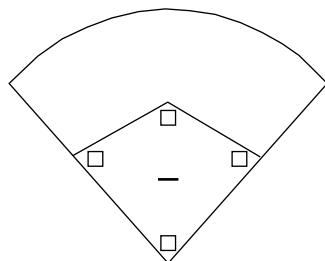
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

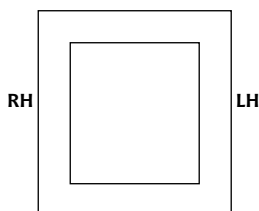
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

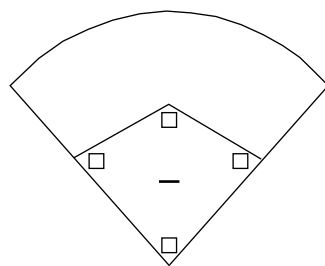
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

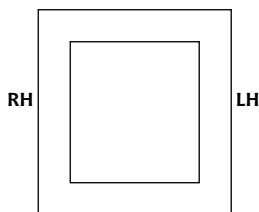
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

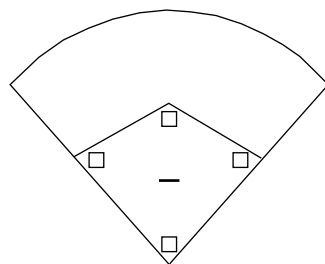
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

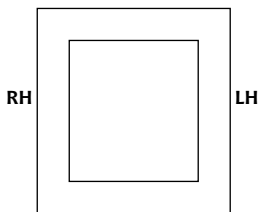
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

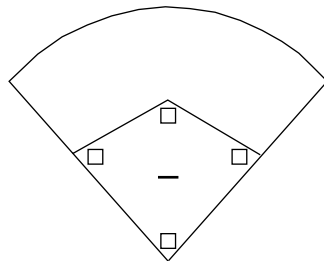
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

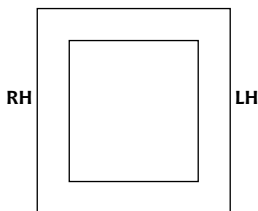
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

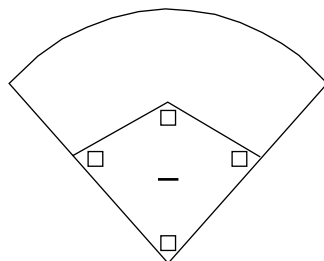
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HITTER'S LOG

Date \_\_\_\_\_ Game Time \_\_\_\_\_ Opponent \_\_\_\_\_

Playing Conditions \_\_\_\_\_

I batted \_\_\_\_ in the lineup.

Pre-Game Notes \_\_\_\_\_

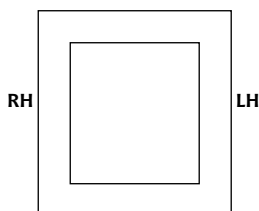
## 1st At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

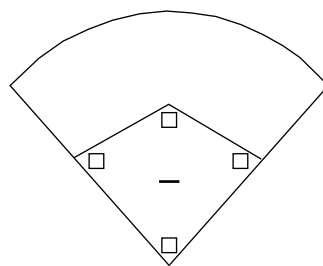
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

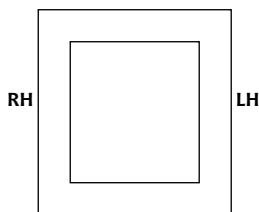
## 2nd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

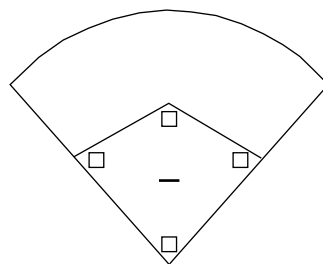
### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

### Strike Zone



### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

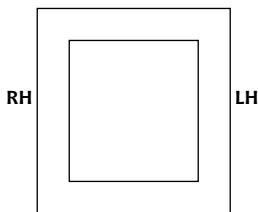
### 3rd At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

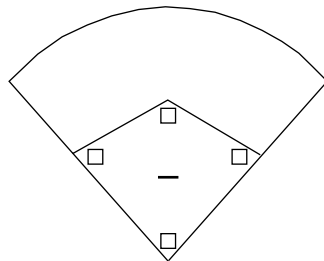
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

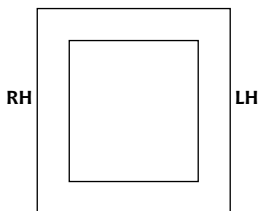
### 4th At Bat

RH/LH Pitcher \_\_\_\_\_ Runners On Base \_\_\_\_\_ # Outs \_\_\_\_\_  
(circle one) (name/number)

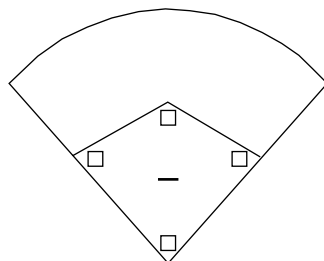
#### Pitch Sequence

1st pitch \_\_\_\_\_ 6th pitch \_\_\_\_\_  
2nd pitch \_\_\_\_\_ 7th pitch \_\_\_\_\_  
3rd pitch \_\_\_\_\_ 8th pitch \_\_\_\_\_  
4th pitch \_\_\_\_\_ 9th pitch \_\_\_\_\_  
5th pitch \_\_\_\_\_ 10th pitch \_\_\_\_\_

#### Strike Zone



#### Location of Hit



Count at contact \_\_\_\_\_ At-Bat Result \_\_\_\_\_ Pitch Type \_\_\_\_\_ RBIs \_\_\_\_\_

Description of Batted Ball \_\_\_\_\_

### Box Score

AB \_\_\_\_\_ R \_\_\_\_\_ H \_\_\_\_\_ RBI \_\_\_\_\_ 2B \_\_\_\_\_ 3B \_\_\_\_\_ HR \_\_\_\_\_ BB \_\_\_\_\_

Comments/Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## FOUR-GAME CHECKPOINT

### Statistics Collected Over My Past 4 Games

At bats \_\_\_\_\_ Hits \_\_\_\_\_ RBIs \_\_\_\_\_ Runs \_\_\_\_\_ Extra base hits \_\_\_\_\_ BBs \_\_\_\_\_ Ks \_\_\_\_\_

#### Overall Batting Average \_\_\_\_\_

Batting Average with runners on base	At bats _____	Hits _____	Avg. _____
Batting Average with nobody on base	At bats _____	Hits _____	Avg. _____
Batting Average first at bat of game	At bats _____	Hits _____	Avg. _____
Batting Average final at bat of game	At bats _____	Hits _____	Avg. _____
Batting Average first pitch swinging	At bats _____	Hits _____	Avg. _____
Batting Average four pitches or more	At bats _____	Hits _____	Avg. _____
Batting Average with two strikes	At bats _____	Hits _____	Avg. _____

### Result Analysis

Number of balls hit to pulled side of field \_\_\_\_\_

Number of balls hit to opposite field \_\_\_\_\_

Number of balls hit through the middle \_\_\_\_\_

Number of ground balls hit \_\_\_\_\_

Number of fly balls hit \_\_\_\_\_

Number of pop-ups hit to infield \_\_\_\_\_

Number of strikeouts \_\_\_\_\_ (swinging) \_\_\_\_\_ (looking)

Number of bases on balls \_\_\_\_\_

### Questions (circle one)

I'm hitting most balls off the **end/handle/sweet spot** of the bat.

I feel like I'm always **ahead/behind/even** in the count.

My timing is **early/late/right on**.

I'm hitting balls well that are thrown **high/low** in the strike zone.

I'm struggling with pitches **high/low** in the strike zone.

I'm hitting balls well that are on the **inside/outside** part of the plate.

I'm struggling with pitches on the **inside/outside** part of the plate.

My results are better when I swing at **fastballs/off-speed pitches**.

I'm swinging at mostly **fastballs/off-speed pitches**.

My confidence level is **high/low/mediocre**.

# Notes from the Batter's Box

After reviewing the information from my past four games, I have the following comments about my performance:

Plate discipline \_\_\_\_\_

\_\_\_\_\_

Hitting the ball to all fields \_\_\_\_\_

\_\_\_\_\_

Swing mechanics \_\_\_\_\_

\_\_\_\_\_

Situational hitting \_\_\_\_\_

\_\_\_\_\_

Confidence \_\_\_\_\_

\_\_\_\_\_

I feel I am doing very well at the plate in these areas (notes):

\_\_\_\_\_

\_\_\_\_\_

I feel I can improve at the plate in these areas (notes):

\_\_\_\_\_

\_\_\_\_\_

I have practiced these drills over the past four games:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Hitters should pay special attention to the good swings and positive results at the plate. It provides a mental image to refer back to during tough times. Positive thoughts breed positive results, and hitters must maintain their confidence, especially during a time of struggles.

Conversely, coaches and parents tend to have selective memories when they recall their own hitting careers. They remember all the great things they did and shove aside the bad pitches they swung at, the called third strikes, and the horrific swings they sometimes produced. This thought process produces comments like, "How could he swing at that pitch? What is he looking at? How did he pop that pitch up?"

Baseball is a game of failures, and it's important for players, coaches, and parents to maintain perspective. Hitting is a great challenge, which is part of what makes getting a hit so satisfying.

## DRILL

Practice visualizing positive results. This can be performed before a game, in the on-deck circle, or even before going to sleep at night. It's important to visualize (or imagine) good things happening to fuel and maintain confidence.

Use positive visualization by recalling an exceptional performance from the past or imagining a great at bat in the future. A recollection from the past might be making a hard-hit line drive through the middle, hitting a double to the opposite field, or turning on an inside fastball and belting it for a home run.

Try to be as detailed as possible when practicing visualization. Think about the ball coming out of the pitcher's hand and how it traveled to the plate.

Imagine executing a fundamentally sound swing, feeling the ball hitting the sweet spot, and seeing it travel off the bat.

Visualization may seem like a fruitless exercise, but the body executes more efficiently when the mind is in a positive state.

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**"If you play for 10 years in the major**

**leagues and have 7,000 at bats and 2,000 hits (.285 batting average), you have had a pretty fair career. But you've gone 0-for-5,000."**

**—Reggie Jackson, Baseball Hall of Famer**

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# SEASON HIGHLIGHTS:

Best Game at the Plate (include statistics and explanation):

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Clutch Hit of the Season (and why):

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Farthest Hit of the Season (describe):

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Toughest Pitcher Faced (and why):

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Biggest Win of the Season (explain):

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Most Hits in a Game: \_\_\_\_\_ Most RBIs in a Game: \_\_\_\_\_

Most Runs in a Game: \_\_\_\_\_ Most Extra Base Hits in a Game: \_\_\_\_\_

Best Opponent We Played: \_\_\_\_\_

Best Hitter (Opponent) Faced: \_\_\_\_\_

Hardest Thrower Faced: \_\_\_\_\_

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My Biggest Improvements This Season:

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\_\_\_\_\_

Areas I Need to Improve for Next Season:

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## ABOUT THE AUTHORS

Dave Gallagher played professional baseball for 17 years and spent 9 years in the major leagues. He played for seven major-league teams: the New York Mets, Baltimore Orioles, Chicago White Sox, Philadelphia Phillies, Atlanta Braves, Cleveland Indians, and California Angels. He has served as the hitting coach for the Trenton Thunder, the Double A affiliate for the Boston Red Sox, and head coach for Mercer County Community College and Notre Dame High School in Mercer, New Jersey.

Gallagher is currently the president of Dave Gallagher's All-American Baseball Academy, a facility that provides baseball instruction for players ages five and older. In addition, his academy hosts summer baseball camps, youth baseball leagues, and tournaments. Dave is the father of five children: Shannon, Evan, Logan, Donovan, and Easton. He has coached at every level of play, including Little League.

Mark Gola is the author of several sports instructional books published by McGraw-Hill/Contemporary Books. His latest titles include *Coaching the Little League Fielder* (March 2005), *The Little League Guide to Conditioning and Training* (March 2004), *As Koufax Said* (April 2003), and *Fair Game: A Complete Book of Soccer for Women* (March 2003). Gola also played collegiate baseball at Rider University and served as a hitting coach at Rider and Princeton University.