

HITTING PHILOSOPHY

- Be able to see the ball as long as possible.
- Slow Rhythmic Legs, loose quick hand
- Barrel Awareness- consistent ball and barrel contact
- 3/4ths field in play, no pull side quarter
 - Right handed hitter: Short stop position to right field line
 1. Inside Pitch, to the short stop
 2. Middle Pitch, to right of second base
 3. Outside Pitch, to second basemen and over (4 hole)
 - Left handed hitter: 2B position to left field line
 1. Inside Pitch, to the second basemen
 2. Middle Pitch, left of second base
 3. Outside Pitch, to shortstop and over (6 hole)
- Linear Flow with Hands and Legs