



TIGERS

HIGH-LOW PITCHES

*HIT EVERY PITCH WITH
AUTHORITY.*

(PLAY VIDEO)



WEEK 6 KEYS

HIGH AND LOW PITCHES, PROPER HITTING POSTURE

- Keep 'eye plane' the same.
 - Do not let the pitch dictate where our bodies go. Eyes stay on the same plane, our eyes and hands go to location.
 - Keep firm front side.
 - Do not collapse on lows and do not rise on highs.
 - Eyes have higher priority than flatness of barrel through the zone.
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MLB PLAYERS WITH HIGH-LOW PITCHES

Jose Altuve Hit 'n' Run: <https://www.youtube.com/watch?v=ISdiZ0bifrM>

Dustin Pedroia Low-Pitch: <https://www.youtube.com/watch?v=qML1P2HBuvM>

Mike Trout Low-Pitch: <https://www.youtube.com/watch?v=PaSboLWHjml>

Vladimir Guerro Hits Everything: <https://www.youtube.com/watch?v=RUerJ5zcwYo>

ITINERARY: Players watch video on load and negative move before coming to hitting

FIVE 10-minute stations

LAST STATION 10-minutes (Everyone moves to the big cage)

GROUP A Big Cage: BP rounds, hold all finishes check down and review checkpoints. Try to have pitcher throw highs and lows.

GROUP B Cage 4 Drill Work: High Pitch, Low Pitch

GROUP C Cage 3 Power Development: Punching bag and tire

GROUP Cage 2 Velo Cage: High Tees, Low Tees

GROUP Cage 1 Core Strength: Spilt-Stance Rotational Toss into wall (6

x 8, 3 left side, 3 right side, 10lb)

WEEK 6 HIGH - LOW PITCHES

BULLPENS		
BIG CAGE	<u>MACHINE</u> BUNT ROUND 2 X 5	
	MACHINE (HIGH PITCH) + FRONT TOSS (LOW PITCH) 4 X 8	
	HACK ATTACK MACHINE <u>SETUP:</u> 3 L-SCREENS BASEBALLS	
CAGE 4	<u>FRONT TOSS</u> HIGH PITCH 2 X 10 LOW PITCH 2 X 10 <u>SETUP:</u> L-SCREEN BASEBALLS	CAGE 2
CAGE 3	<u>POWER DEVELOPMENT</u> TIRE FLIPS 4 X 10 <u>SETUP</u> TIRE	<u>VELO STATION</u> 3 X 8 HIGH TEES 3 X 8 LOW TEES 1 X 10 MAX OUT <u>SETUP:</u> TEE BASEBALLS
		CAGE 1
		<u>CORE STRENGTH</u> SPLIT STANCE ROTATIONAL TOSS 6 X 8 <u>SETUP</u> MED BALLS
WALKING AREA		
BENCHES		