



TIGERS

MENTAL APPROACH

HAVE A PLAN AT THE PLATE.

(PLAY VIDEO)



WEEK 7 KEYS

MENTAL APPROACH AND OFF-SPEED HITTING

MENTAL APPROACH

Get away from a little league approach. and just going up there and trying to get a hit. The best hitters in the world have a plan of attack. Understanding the pitcher you are facing, your ability, and the hitter splits will help you formulate a successful plan.

A few main points to emphasize:

1. Think middle away and react inside. Letting the ball travel and staying inside the ball is the main key to hitting.
2. We like hitters who are on the aggressive side. **Pitchers are universally taught to get ahead and attack the strike zone.** That is typically done with fastballs early in the count. We would rather have our guys hitting fastballs early in the count instead of breaking balls late in the count.

The 1, 2 and maybe 7, 8, 9 hitters in general would be the guys to work the count, make the pitcher work, etc. We want our 3, 4, 5 type hitters to feel free to jump on the early fastballs for sure. Let's make the opposing pitchers scared to come in the strike zone early against our guys. If they are tentative, trying to nibble on the corners, they are more apt to throw balls and get behind.

SPLIT	BATTING AVERAGE
0-0 Count	.345
1-0 Count	.344
2-0 Count	.350
3-0 Count	.407
0-1 Count	.324
1-1 Count	.332
2-1 Count	.344
3-1 Count	.363
0-2 Count	.157
1-2 Count	.166
2-2 Count	.183

SPLIT- AFTER EACH COUNT	BATTING AVERAGE
After 1-0 Count	.271
After 2-0 Count	.291
After 3-0 Count	.297
After 0-1 Count	.227
After 1-1 Count	.236
After 2-1 Count	.252
After 3-1 Count	.284
After 0-2 Count	.175
After 1-2 Count	.180
After 2-2 Count	.192

OFF-SPEED HITTING

- Let the ball get deep
- Stay inside the ball. If the ball slides away, don't let the hands and chest leak outside and hook the ball.
- Think opposite field. Every time you recognize an off-speed pitch, go back to the same theories we've learned on how to hit outside pitches. Stay back and stay inside. You don't have to actually hit the ball to the opposite field; that depends on where the pitch is. Thinking opposite field just reinforces waiting and staying inside path.

ITINERARY:

FOUR 12-minute stations

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

GROUP A Big Cage: BP Rounds, Game simulation by coach throwing BP (last 10 minutes)

GROUP B Cage 4 Drill Work: Front Toss with Color Baseballs

GROUP C Cage 3 Power Development : Tire and Sledge Hammer 3 x 10/Heavy Balls

GROUP D Cage 2 Velo Station: Away Tees

GROUP E Cage 1 Core Strength: One Knee Shot-Put Throws 4 x 8

BULLPENS

BIG CAGE

MACHINE

CURVE BALLS
2 X 8

CURVE BALLS + FRONT TOSS/
OVERHAND
2 X 8

SETUP:
HACK ATTACK MACHINE
3 L-SCREENS
2 BUCKETS
BASEBALLS

CURVE BALLS

2 X 8

CURVE BALLS + FRONT TOSS/ OVERHAND 2 X 8

HACK ATTACK MACHINE

3 L-SCREENS

2 BUCKETS

BASEBALLS

CAGE 4

FRONT TOSS

COLORED BASEBALLS

3 X 10

SETUP:

L-SCREEN

COLORED BASEBALLS

CAGE 3

POWER DEVELOPMENT

SLEDGE HAMMER

3 X 10

HEAVY BALL & BAT

SWINGS

1 X 10

SETUP

SLEDGE HAMMER

HEAVY BALLS

HEAVY BAT

COLORED BASEBALLS
3 X 10

L-SCREEN

COLORED BASEBALLS

CAGE 3

POWER DEVELOPMENT

SLEDGE HAMMER
3 X 10
HEAVY BALL & BAT
SWINGS
1 X 10
SETUP
SLEDGE HAMMER
HEAVY BALLS
HEAVY BAT

SLEDGE HAMMER

3X10

HEAVY BALL & BAT

SWINGS

1x10

SETUP

SETUP SLEDGE HAMMER HEAVY BALLS HEAVY BAT

CAGE 2

VELO STATION

3X10 AWAY TEES
1 X 10 MAX OUT

SETUP:
TEE
BASEBALLS

CAGE 1

CORE STRENGTH

1 KNEE SHOT
PUT THROWS
4 X 8

SETUP
MED BALLS

3X10 AWAY TEES
1 X 10 MAX OUT

TEE

BASEBALLS

CAGE 1

CORE STRENGTH

1 KNEE SHOT
PUT THROWS
4 X 8

SETUP

MED BALLS

1 KNEE SHOT PUT THROWS

4x8

SETUP

MED BALLS

WALKING AREA

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