

Hitting-Counts-Situations-.500 Zone

❖ Fastball Counts

- 1-0, 2-0, 3-0, 2-1, 3-1
 - 0-0, 3-2 (if the pitcher throws off-speed 50% or less for strikes)
 - Almost 60% of all counts are expected fastball counts
 - ◆ Gear up and look fastball to hit

❖ 2 Strike

- 0-2, 1-2, 2-2, 3-2
 - Protect
 - Cutdown swing to control bat and deal with tough pitches

❖ Zones

- .500
- .300
- .100-.200
 - Stay away from pitcher's pitches early in the count
- .000

❖ Situations

- Lead off
 - See Pitches
 - Get on base each inning
 - Doesn't matter how

- Hit and Run
 - Hit behind the hitter if possible
 - Any pitch even slightly in to RHH should be able to hit away
 - Prevent pop up
 - Line drive or on the ground
 - Hit it hard
 - Think runners getting to 1st and 3rd. Ideal!
 - If pitch is in, ok to pull, but hit it hard
 - Protection swing unless in the dirt or uncatchable over catchers head
 - ◆ Don't waste a swing in these situations
 - Not a give up swing
 - ◆ Would bunt!

- Get Over
 - With 0 outs only!
 - Zones to look in

- Get in
 - With 0 and 1 out only!
 - Zones to look in
 - RHH-take low and in until 2 strikes