

Stop Protecting the Plate with 2 Strikes!

Dear BioForce Family,

It's situational week around the academy and I have been getting into conversations with the kids about hitting approaches and pitching strategy.

I really have fun with this stuff. It's what makes baseball fun I believe.

We were sitting around talking strategy after our Ultimate Hitting League session the other day about what to think about when you get 2 strikes.

The most common answer of course was protect the plate. Other responses were choke up on the bat, punch the ball, make contact, put the ball in play.

To me, these are all very defensive ways to hit. I'd rather be offensive, and I'm not talking about how bad I might smell, but being aggressive. In baseball, the more aggressive player is going to win here.

So, what is an aggressive 2-strike approach?

Here's one way to approach your at-bat when you have 2 strikes on you.

Think about where most coaches want the pitch to end up. And what kind of pitch do most pitchers throw with two strike? And I've seen and coached in a ton of youth games, high school games, and college games. Take a look at the professional game too. Most everyone throws the ball outside on 2 strikes. Yes, on occasion, you'll see the high fastball (a good idea in my book BTW).

So, if this is true, and most hitters struggle with that low and outside pitch, why not expect it? Be prepared for it, and even visualize hitting that pitch into the opposite field gap!

When it comes, you'll be prepared and much more successful.

What happens if the ball comes inside? Well, you've seen that one a million times. Just react to that pitch.

Try this in your practice sessions. Practice like it's a game, and then when you get into the game, you'll be much more prepared.

Train Like a Champion Today!

Bill Mooney

P.S. Check out our training products at <http://www.bioforcebaseball.com>