

# **Oregon State University Baseball Program**

## **Offensive Make Up—Run Production vs. Hitting**

### **Beat the Game (vs. opponent)**

1. Win the big inning: Almost 90% of the time the team that has the biggest inning wins.
2. Approximately 50% of the time the team that wins will score more runs in one inning than the opponent scores the entire game
3. Almost 75% of all innings where 3 or more runs are scored in an inning include a walk, error, or hit by pitch.
4. Approximately 90% of all innings where 5 or more runs are scored include at least a combination of 2 of the 3 (walk, error, hit by pitch).
5. When 7 or more runs are scored by our team we will win 90.7% (last ten year of statistics) of those games. The goal is to score 7+ runs in a game. (6 RUNS/82%; 5 RUNS/35.3%; 4 RUNS/27.4%)

Key to all of this: ON BASE %

### **Offensive Absolutes**

#### **Situational Hitting: When needed—depends on inning & score**

1. Runner at 2nd—no outs: Moving runner to 3B
2. Driving in runner from third with less than two outs
3. Get the bunt down
4. Hit & Run: on the ground out of the middle of the field
5. Knowledge of the strike zone: getting into counts
6. Knowledge of the hitting zone (what is your pitch; knowing the opponent's pitcher's strengths)
7. Being willing to make two-strike adjustments
8. Run production and on-base percentage are more important than personal statistics

### **Pressure is the Key!**

1. Short game: put the ball in the kill zones on each line: 20-45 feet from home plate away from the pitcher.
2. Hit & run game: put the ball in play according to location of pitch. Ground ball first; line drive next (the ball has to get deep in the zone to make this type of contact). Stay out of the middle of the field!
3. Runner at 2nd base, no outs—getting a pitch to drive up the middle or to the right side. Best case scenario – base hit. Get off the plate if you normally stand close.
4. Runner at 3rd base less than 2 outs—getting a pitch to hit out over the plate and hitting the pitch to the middle of the field if the infield is back; if the infield is in, get a pitch you can lift—sacrifice fly.
5. Base Running Game: 80% plus success rate on stolen bases; taking advantage of down angle reads; being aggressive on the bases and making the ball stop you; every base hit is a double until it isn't.

## **Productive Outs**

1. Produce a run
2. Gain a base
3. 5+ pitch at bat
4. Quality at bat: situational
5. Most important offensive stat: ON BASE %

## **How to Create a Big Inning**

1. Leadoff Hitter gets on base
2. Take every base the opponent gives you (smart aggressive)
3. Bottom third of line-up gets it started
4. Team vs. individual at bat
5. Getting the opponent's starter into a high pitch count (be willing to take pitches)
6. Getting your pitch to hit
7. Eliminate pitches
8. Put the ball in play! (BB + HBP = SO)

## **In-Game After At-Bat Priorities**

1. Did I get a good pitch to hit?
2. Am I seeing the baseball? Vision is directly correlated with dynamic balance/maintaining posture.
3. Did I arrive on time?
4. How were my mechanics—really? You will take thousands of reps before you play—trust your swing!