

CAROLINA BASEBALL

TEAM HITTING PHILOSOPHY AND GOALS

1. GAP TO GAP HITTING CLUB – USE THE MIDDLE OF THE FIELD

2. TEAM FIRST - GREAT EXECUTION

- A- SITUATIONAL HITTING
- B- MUST KNOW SIGNS-LOOK EARLY
- C- SMALL BALL WHEN NEEDED
- D- THINK AHEAD & DON'T BE SURPRISED!

WHAT CAN I DO IN THIS AT-BAT TO HELP MY TEAM WIN

3. PROPER THINKING

- A- CONFIDENCE
- B- PITCH TO PITCH- **NOT RESULT ORIENTED**
- C- KNOW YOUR OPPONENT
- D- HAVE AN APPROACH & KNOW YOURSELF
- E- THINK & TALK ABOUT IT
- F- USE THE OPPONENT PITCHER CHART
- H- **CONTROL WHAT YOU CAN CONTROL**

4. AGGRESSIVE- BUT SELECTIVE

- A- KNOW YOUR HAPPY ZONE
- B- DEVELOP **PLATE DISCIPLINE/PATIENCE**
- C- GET IN **ADVANTAGE** COUNTS- 1-0, 2-0, 2-1, 3-1, 3-0
- D- ANTICIPATING (LEARN WHAT TO EXPECT IN CERTAIN INSTANCES)
- E- WE ARE ALWAYS UP THERE TO HIT—**BUT IT IS OKAY TO WALK**

5. TOUGH OUTS WITH 2 STRIKES

- A- PUT IT IN PLAY- PUT PRESSURE ON THE DEFENSE
- B- GET COUNT BACK TO NEUTRAL

6. MAKE THE PITCHER PITCH

- A- **SEE AS MANY PITCHES AS POSSIBLE EARLY**
- B- **DON'T LET HIM OFF THE HOOK WHEN HE IS THROWING BALLS**

