

Don Bosco Baseball

ABC's of Hitting



We Teach Backwards!!

Contact is where we begin

- What needs to be felt from head to toe by the player at the point of contact.
- No muscle is “Flexed”- Relaxed muscles are quick muscles.

BALANCED is our starting point

- A. Legs
- B. Minimal Tilt of Waist
- C. Barrel Angle- Barrel Awareness
- D. Arms/Hands



Extension

What to feel and be aware of

- Wrists move barrel from Contact through Extension.
- There is NO head movement during Contact and Extension.
- Extension is achieved when the Barrel End points through the middle of the infield.



Linear v Rotation

Linear and Rotation

- Linear- hands and back hip
- Rotation- Shoulders and Hips- BUT WHEN??
- Hand Path is high to low or back to front- “Move our hands forward”
- The hitters brain must process how the hands move forward.



Know “YOUR” Process

Trust

Assume every pitch will be Outer Half

This mindset will,

- Maintain Athleticism at Contact and through Extension
- Allow us to become a better breaking ball hitter.
- Let baseball percentages play to your advantage.
- Do we Guess?



Hitting is not about creating a Highlight

An at bat is your opportunity to apply “your process”

- Hitting is repeating the process and knowing something good is going to happen if you have trust.
- The ON Deck Circle is “SACRED” it is a place where your routine both physically and mentally is fine tuned for what the game is asking of you.
- The Batter’s Box is where your opportunity to be great is located. DO NOT enter it unprepared!



Situational Awareness

The Walk from On Deck to the Batter's Box

The brain can now focus on what the game situation is offering you.

Drag Bunt, Sac Bunt, Sac Fly, Take a pitch/delay game for my pitcher, Take a pitch so my teammate can steal a base.

Seems overwhelming that's why we prepare ourselves "ON DECK"



What is an AB?

9 v 1



- Not many can win a fight when it's 9 against 1
- Each AB is an opportunity for a hitter to take a piece out of the pitcher.
- Every AB should physically and mentally tire a pitcher.
- When an opposing catcher yells out 7-8-9 to his pitcher and defense the thought should be damn these guys were the toughest hitters last time through.
- Does this mean swing at the first pitch- **Yes**
- Does this mean take a strike- **Yes**
- Do games situations dictate -**Yes**
- Do we always apply our approach and our strengths -**YES**
- **SWING SWING SWING..... DON'T SWING**
- Do we ever allow the thought of failure to impact our decision making - **NO**

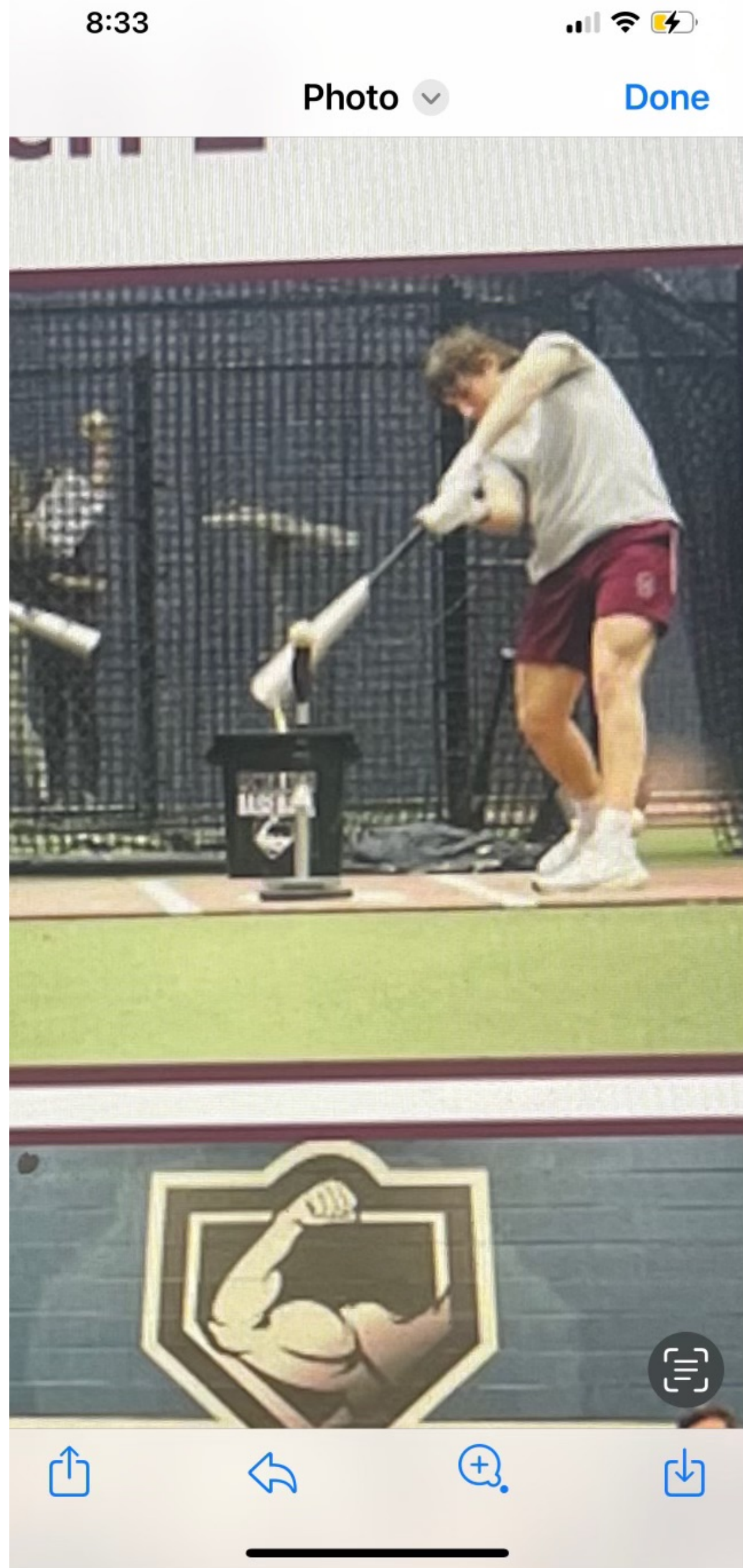
Pressure!!! Opportunity!!!

Don't think result, think process

- Slow things down
- Control the at bat
- GRIND/Battle
- Get it back to even
- Cover the plate



Attitude of Gratitude- Thank God, I have this opportunity.



Barrel Awareness!



2023 Season Statistics

Offense

AVG.	OBP	OPS	Slug	H	1B	2B	3B	HR	RBI	K	HBP	BB	PA
349.	459.	946.	487.	300	216	61	12	11	226	171	39	148	1073

