|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | |  | | --- | |  | | Plan at Plate | |  | |

# My Role

|  |  |
| --- | --- |
|  | Contact |
|  | Gap |
|  | Home Run |
|  | Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

# Game Situation

|  |  |
| --- | --- |
|  | Runner On Base, Less than Two Outs. Goal: Advance Runner |
|  | Runner on Second, No Outs. Goal: Advance Runner |
|  | Runner On Third, Less than Two Outs, Infield In. Goal: Hit Ball Hard in Air |
|  | Runner On Third, Less than Two Outs, Infield Back. Goal: Hit Groundball up the Middle |
|  | Runner on 1st Base is Stealing. Goal: Protect the Runner |
|  | Infield Shifted. Goal: Hit Ball to Opposite Field |
|  | Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

# IDeal Hitting Zone(S)

|  |  |
| --- | --- |
|  | High Outside |
|  | High Middle |
|  | High Inside |
|  | Middle Outside |
|  | Middle Middle |
|  | Middle Inside |
|  | Low Outside |
|  | Low Middle |
|  | Low Inside |
|  | Below Zone |
|  | Above Zone |

# Pitcher

|  |  |
| --- | --- |
|  | Control \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | Speed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | Delivery \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | % Fastballs \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | First Pitch \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | Out Pitch \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | Type of Pitch High % Balls \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | Type of Pitch High % Strikes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | Pitch Recognition Keys \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | Pitching Backwards \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

# Umpire

|  |  |
| --- | --- |
|  | High Zone |
|  | Low Zone |
|  | Inside Zone |
|  | Outside Zone |
|  | Wide Zone |
|  | Tight Zone |
|  | Inconsistent |
|  | Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

# Position in Box

|  |  |  |
| --- | --- | --- |
|  | Rear |  |
|  | Middle |  |
|  | Forward |  |
|  | Normal Distance from Plate |  |
|  | Crowd Plate |  |
|  | Away from Plate |  |

# Swing Thought

# Strike Count – First Pitch

|  |  |
| --- | --- |
|  | Take |
|  | Look for Fast Ball in Ideal Hitting Zone(s) |
|  | Look for Pitch \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  |  |

# Strike Count – No Strikes or 3-1 (1-0. 2-0, 3-0, 3-1)

|  |  |
| --- | --- |
|  | Take |
|  | Look for Fast Ball in Ideal Hitting Zone(s) |
|  | Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

# 8. Strike Count – One strike (0-1, 1-1, 2-1)

|  |  |
| --- | --- |
|  | Use Two Strike Approach |
|  | Look for Location (Any Pitch) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | Look for Specific Pitch \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | Look for Fast Ball in Ideal Hitting Zone(s) |
|  | See the Ball and React |
|  | Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

# Strike Count – TWO strikes (0-2, 1-2, 2-2, 3-2)

|  |  |
| --- | --- |
|  | All Pitches Travel |
|  | Prepare for In Between Speed |
|  | Expand Zone |
|  | Look Away |
|  | See the Ball and React |
|  | Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |