|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |

|  |
| --- |
|  |
| 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |