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

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

 |

# My Role

|  |  |
| --- | --- |
| ☐ | Contact |
| ☐ | Gap |
| ☐ | Power |
| ☐ | 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 Fast Ball in Any Location |
| ☐ | Look for Specific Pitch Other than Fast Ball \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| ☐ | 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) |
| ☐ | Look for Fast Ball in Any Location |
| ☐ | Look Soft – Non-Fastball in Any Location | 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 Fastball High or Low |
| ☐ | Look for Fast Ball in Ideal Hitting Zone(s) |
| ☐ | Look for a Fastball in any Location | Look for Fast Ball in Any Location |
| ☐ | 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 |
| ☐ | Shorten the Swing |
| ☐ | No Stride |
| ☐ | Choke Up |
| ☐ | Flat Bat |
| ☐ | Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |