

Pierre Baseball's Hitting Philosophy

This is going to be every coaches in our programs hitting Philosophy. Our number one goal is to create confidence in our players. A confident player is a productive player.

- 1) Batting Average does not matter. We don't care what your batting average is!!!
 - a) If a parent comes to you and says why is my son not playing his batting average is .xzy; our response will be batting average does not matter in our program.
 - b) You can do everything right and go 0-5

- 2) Quality at Bats and Hard Contact Matter
 - a) These are the two most important aspects of hitting for our program.
 - b) Hitting the ball hard is attainable
 - c) If you want a stat, OPS is the stat that matters in our program. (don't share with parents)
 - d) We will be excited anytime someone hits a ball hard, even if they get out. (teammates will pick that guy up, just like a guy that sacrifice bunted)

- 3) Front of the Jersey Mentality
 - a) Players that take strikes to allow others to steal a base, Players that will give themselves up to move a runner, Players that will hit a ground ball up the middle to score a runner at 3rd. THESE ARE THE PLAYERS THAT WILL PLAY.

- 4) Opening Day, Everyday
 - a) When you come to the ballpark it is Opening Day. Nothing that happened yesterday matters, the only thing that matters is this moment.
 - b) Everyone is Confident on Opening day!!! We must always be confident when we come to the plate.
 - c) WHY???? Because, my batting average does not matter. I am just trying to hit the ball hard.

Instruction Points

Hitting is Slow Feet, Fast Hands, Quiet Head

Great hitters SLOW the game down and make it SIMPLE!

- 1) Attack inside part of the baseball (Most important thing we can teach)
 - a) inside pitch we attack inside of ball, we just hit it out front more 6-8 inches.
 - b) middle pitch we attack inside of the ball, 3-4 inches in front of the plate.
 - c) outside pitch we attack inside of the ball, hit right at the front of plate.
 - d) This needs to be done with **a lot of tee work**.

- 2) Balance (hit between our knees)
 - a) Our weight should not have huge shifts, at most we are 60/40 so 60 percent of our weight is on the back leg. Never more than that, the weight must shift forward to a 40/60 balance when we are done.
 - b) Don't be tipping forward at the end of your swing. If you are doing that you are over swinging.

- 3) Slow Feet
 - a) What does this mean?
 - b) You should not be lunging at the ball, your front foot should be down as the ball get halfway to the plate.
 - c) Don't be front foot late!

- 4) Quiet Head (very little eye movement)
 - a) RELAXED BREATHING
 - b) Quiet Hands w/rhythm
 - c) Slow Body Movement

Our Mental Process

Be confident!!! Trust that the work you have put in, will bring positive results!

Players Thought Process / Our Approach

- 1) This is Fun! This is why I play! This is easy, I've done it 1000 times.**
- 2) Be aggressive, Hunt fastballs (until we get two strikes) For our top hitters this might change to hunt one pitch. (if all they see is breaking pitches)**
- 3) 2 Strikes - think hard away adjust to everything else.**