

# TWO STRIKE HITTING SECRETS

## Did you know?

90% of first  
pitches are fast-  
balls.



## THERE IS NO EXCUSE FOR BEING A DRESSED UP OUT!

**There are a handful of steps that you can take to become a better hitter with two strikes.....**

I always have looked at the duel between a pitcher and hitter as a chess match. As one player attempts to execute, the other either counter executes by making an adjustments or simply waits for a better time to strike.

-Mark Brooks

As a hitter, it's your responsibility to make sure you have the ability to make an educated guess as to what pitch is coming. The more educated you are the better you will be able to make the required adjustments. With two strikes on you, this ability can come quite in handy. Unless you're a mind reader. There really isn't a conceivable way to accurately predict what pitch is coming 100%.



But what if you could be 90% right? What about 95%? The truth is there are steps you can take to make that happen.

**Key Reminder:** For most of you, seeing as many pitches as you can and eventually putting the ball in play is your overall mission.

You're at the plate not to get a hit but to help your team win. You can't do that if you strike-out. Seeing pitches forces the pitcher to work harder and showcases his repertoire. Putting the ball in play puts pressure on the defense and gives you a greater chance of getting on base and scoring a run.

Runs are the name of the game.....not hits:)

With that being said.....learn to view seeing more pitches and putting the ball in play on a consistent basis as little victories that you can build upon.

So before we get into what approaches you can develop to be able to better predict what pitches are coming, here are a list of things you need to have in your repertoire to give yourself the best chance of implementing these techniques.

## [2 STRIKE MENTAL CHECK LIST]

- 9 out of 10 pitchers want to get ahead in the count. 90% of first pitches are fast-balls.
- More than half of pitches are secondary pitches when there are runners in scoring position or with runners in scoring position with less than two outs, down a run, or late in the ball game.
- If a pitcher has had trouble throwing secondary pitches for strikes, it will be unlikely that he will throw it in key situations. These kinds of situations are great for being ready for the fast-ball and hitting it where it's pitched.
- 1-0, 2-0, 3-1 are the best hitter's counts. By paying attention to what pitches he is throwing in these situations, the more aggressive you will be able to be in each at-bat.

# TWO STRIKE HITTING SECRET #1

## -LAST NAME & NUMBER CHANT

Alright , so I promised you that I would show you some tricks on how to cut down on your strike-outs.

Well here they are.

**WARNING:** Do not share these with anyone. In fact do not even tell your team-mates that you do them. The last thing you want is your opponents to find out! You don't want them to become aware of this. I'll tell you why in a bit.

This technique requires a partner. Someone in the dugout or in the stands. Dads are great and so is a team-mate who can keep a **secret**. Ok so you have two strikes on you, chances are as the catcher gives his pitcher the sign, he is setting up before the pitcher has let go of the ball.....and here is where things get really interesting.

**Note:** With two-strikes a catcher will **rarely** set up on the inner half of the plate for a breaking ball or off- speed pitch. With two-strikes your best bet is to be prepared for a fast-ball around the middle of the plate or middle in.

**If he sets up on the outside part of the plate early**, he is either coming with an off-speed, breaking ball, or fast-ball away right? PERFECT. Now you will be ready to make sure to let the ball get a little bit deeper. Whether it's a fast-ball or off-speed, you will still have the approach to stay back and drive the ball the other way!!

***But wait!! How do you know where he is setting up when your eyes are facing the pitcher?***

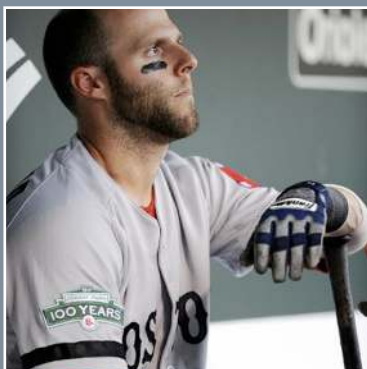
Great question. This is where your **“partner in crime”** comes in. If the catcher has set up on the inner half of the plate.....have your partner yell out your last name as he or she cheers you on. As the catcher sets up inside.....you should hear **"C,MON Brooksie drive one here!!!! Lets go!!**



## Maecenas aliquam maecenas

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## TRICKY?



### Be the best two strike hitter!

Wan't to become the clutch hitter who is depended upon the most in key situations?

Learn how to hit with two strikes!

If the catcher has set up on the outer half of the plate.....have your partner yell out your number.

This is what you should hear as the catcher sets up on the outer half....." **C,MON #4..... Stay tough, drive one up the middle!!!!!!**

Starting to get it?

If your partner has any suaveness to them, you should be able to have a good idea of what pitch is coming or at least the location of it throughout an entire at-bat. Unless the pitcher misses his location by a long shot, you will have a great idea of pitch location, and since there are two-strikes this essentially determines the type of pitch as well.

**Catcher sets up inside- Last name**

**Catcher sets up outside- Number**

## TWO STRIKE HITTING SECRET #2

### CALL TIME AND CHECK YOURSELF

I used to do this all the time in college. I would only use this trick in key situations, and if I didn't have anyone to back me up with pitch location. I would actually only use this once or twice per game. With two strikes, right when the pitcher starts his wind-up, call time.

As you step out of the box, out of the corner of your eye, take a look at where the the catcher has set up.

Is it middle in or away?

Same rules as to location that was explained in the first technique applies to this trick as well.

**IMPORTANT:** Don't make it obvious. After calling time, only see out of the corner of your eye, the location of the catcher. Take a dry swing after to make it look less suspicious. The quicker you can do it the better. Take a deep breath and step back in.

# TWO STRIKE HITTING SECRET# 3

**"CHOKE UP AND SPREAD EM!"**

Sometimes you just have to go back to basics. Have you been striking out a lot? Trust me, your not the only one and more importantly, your'e not the first player who has experienced this.

Sometimes, the best thing you can do, is put the ball in play.

I'm not saying that you need to shorten your swing. In fact I wouldn't change anything.

You have worked so hard to make sure your swing is sound and your bat- speed is there to

allow you to drive the ball consistently, why would you change your swing just because you have two strikes?

You have 3 of them for a reason right?

So these are your two strike hitting secrets. Take your time in applying these and do your best to enjoy the process.

Strike-outs are going to happen, but teach yourself to view them as feed back mechanisms instead of as



**Be scrappy if you have to!**

failures and you'll be just fine!

Now go put some balls in play!!!!

- 👉 **Memorize the 2 strike hitting checklist**
- 👉 **Master the 2 secret hitting techniques you can use with 2 strikes**
- 👉 **Remember to focus on attacking the inner half**
- 👉 **Drive the ball up the middle**

Do all these and I promise you'll become a better 2 strike hitter!