

THE ART OF HITTING

ADVANCED PITCHING

Did you know?

The fastest recorded fast-ball was thrown by Andruelis Chapman at 105 Mph in 2010



MAKING THE ADJUSTMENT TO ADVANCED PITCHING IS A JOURNEY IN IT'S SELF!

What are you willing to do to make the approach to hitting advanced pitching consistently?

Before we get into the approach to hitting advanced pitching, let's first get clear about what it really is.

Advanced pitching isn't just **higher velocities** though this is one major attribute of facing pitching at higher levels.

Advanced pitching also consists of pitches that are thrown in the intended location backed up with exceptional secondary pitches. Pitchers have better control and are able to showcase this control with breaking ball and off-speed pitches on a consistent basis.

The purpose of this PDF is to guide you to finding the right approach to becoming an advanced hitter.



HOW DO WE HIT THE FAST-BALL EFFECTIVELY AND CONSISTENTLY?

There are 5 main reasons why hitters are either unable to adjust or run themselves into trouble further down the road when facing the next level of pitching.

1. The don't understand the count so they are guessing
2. Failing to get the foot down in time
3. Failure to pick up the ball early enough
4. There is a lack of hard focus

STOP GUESSING AND HAVE A PLAN!

Ok so let's get back to the basics! You've heard me say this before about typical pitching tendencies.

Let's review.

1. 9 out of 10 pitchers want to get ahead in the count. Close to over 90% of first pitches are fast-balls.
2. More than half of pitches are secondary pitches when there are runners in scoring position or with no one on first with runners in scoring position with less than two outs, down a run, or late in the ball game.
3. 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.

(One of the biggest no no's for a pitcher is walking the lead hitter, two out walks, walking the tying or go-ahead run. So if you are any of these things, be prepared to get a pitch that you know he is confident in throwing a strike with.) You have to do your home work!

4. 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.

If catching up to higher velocities is what you're struggling with right now then having a clear idea of knowing when one is coming will greatly increase chances of getting to the point of contact at the required time.

GET YOUR FOOT DOWN IN TIME!

Now this can be a tricky problem because **getting the foot down** in time is such a subtle occurrence that often times it goes unnoticed.

Why is it important?

You can't begin the rotational part of your swing without first getting your front foot planted into the ground. Pure physics!

How do you solve this?

Well this is essentially a quick fix so you can attack it in two ways.

First by beginning your swing a little earlier. The next pitcher that you face, take the time to “calibrate” his pitching motion and rhythm. As he comes forward, begin the rotational section of your swing just slightly before you normally do.

At the professional level this is called **“getting started early”** and can help you to avoid getting jammed on higher velocities. If starting your rhythm earlier doesn't feel comfortable with you initially, try using a **“post-stride”**.

The **“post-stride”** is essentially the planting of the front foot right after your stride but before the pitcher has released the ball. Normally while he is lifting his leg or when his arm is coming forward. By this time your foot should be planted and your stride should be finished.

This frees the hips and hands to begin the rotational movements while having plenty of time to carry out this process.

Some great examples of players that have post-strides are :

- Bill Hall
- Coco Crisp
- Michael Young
- B.J Upton
- Jose Reyes

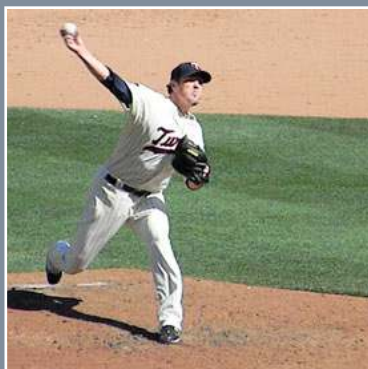
HAVE YOU TRIED POST-STRIDING?



What kind of stride do you have?

A lot of times both power and the ability to hit higher velocities can be accounted by the effectiveness of your stride!

CAN'T HIT WHAT YOU CAN'T SEE!



Are you seeing the ball?

It doesn't matter how
sound of a swing you have,
if you can't see it you
can't hit it!

PICK UP THE BALL EARLY!

Now if you know anything about me, you know that I'm a **HUGE** advocate of keeping things simple!

All I want you to understand about picking up the ball effectively out of the pitcher's hands is to keep your eyes and the muscles surrounding your eyes relaxed!

You would be amazed at how much of an influence keeping your facial muscles relaxed has on seeing the ball clearly!

Here are some attributes to avoid that will hinder your ability to pick up the ball clearly:

- Tense cheeks (facial muscles) we have over 120 different facial muscles that are directly.indirectly connected to nerve endings that lead to the eyes.
- Stiff neck
- Stiff shoulders

The calmer your muscles are in the surrounding area, the more effective and efficient your eyes will work for you!

Now there is an important quality to seeing the pitch that ties into the next attribute.

GET SPECIFIC WITH A HARD FOCUS!

GET SPECIFIC WITH A HARD FOCUS!

Lastly, when hitters are still having trouble with making solid contact even though they have a clear understanding of the count, are getting their foot down in time, and are picking up the ball early enough, there still could be one more kink in their armor that exists.

What they are specifically looking at!!!

Do they have a broad target that they are aiming at!!!! If so then chances are they'll have a broad chance of making solid contact with a ball that is traveling a lot faster than they are used to.

Get specific!

When the ball is released- here is the only thing you need to focus on....specifically.

The inner half.

Attack the inner half of the baseball.

Why is this important?

Staying inside the baseball will be one of the most important skills you can master when trying to combat against pitchers that throw more than one pitch for strikes!!!

It's a must!

Make sure you have mastered the various hitting drills and training exercises to make this adjustment as smooth as possible.

So we have positioned ourselves as better fast-ball hitters which will give us a fighting chance to compete against advanced pitching!



What are you
focused on?

Now let's talk
secondary pitches!!!!

The main challenges we will be facing in regards to rhythm and hitting the ball while behind in the count will be discussed.

SECONDARY PITCHES & LOCATION

So you have gotten a handle on advanced fast-balls. What about secondary pitches?

What are the most common secondary pitches thrown?

Well for the last twenty years, the slider has slowly taken the place of the curve-ball. There are still plenty of pitchers that showcase a curve-ball but the slider seems to be gaining more popularity possibly because of the less wear and tear the pitch is known to cause. Whether or not this is true is inconsequential. Learning how to hit this pitch is what's necessary.

Let's focus on three key elements!

- Staying gap to gap and not line to line
- Cut the plate in half
- See the ball up
- Understand plate coverage

GAP TO GAP!

You've probably heard the phrase that "a good hitter hits the ball to all fields from foul pole to foul pole"!

WRONG!

It's always better to be a great hitter on a few pitches than be an average hitter on all pitches.

There are going to be some pitches in the strike zone that you won't want to hit regardless of whether or not it's a strike or not.

The key to hitting advanced pitching is getting a pitch that you can handle and not missing it when you get it.

So we have to learn to let go of pitches that we call "pitcher's pitches" until we have two strikes. Even then, if we are still being served those pitches, we still only want to foul them off until we get a better pitch.

Thinking gap to gap is essentially thinking right up the middle.

CUT THE PLATE IN HALF

Eventually you will run into a pitcher who has incredible secondary pitches and it may just be that he has found a rhythm and instead of throwing off of his fast-ball he's throwing off of his secondary pitch.

This is also known as “pitching backwards”.

You will need to make a major adjustment before your next at-bat. If the pitcher is throwing off of his secondary pitch that means he's throwing it to

- get ahead of the count
- out of a sticky situation
- to strike you out or force contact

In this case you will need to cut the plate in half. What this means is you will only be thinking “middle away”.

Any pitch on the inner half, you'll be taking for a ball or strike. You're only preoccupation is on fast-balls down the middle, on the outer half of the plate, or off-speed/breaking balls. You will be hitting both pitches up the middle and away. This is important because there will be times when you'll simply be out front. Since you've cut the plate in half, you'll still be on time to pull the ball **HARD** even though you're out in front.

There is no way to do this effectively without having the approach of hitting the ball middle away. This is absolutely crucial!

SEEING THE BALL UP!

Especially while a pitcher is ahead in the count, if he is doing his job right, more than half of his secondary pitches should be balls. The point of throwing secondary pitches while ahead in the count is to get them to chase a pitch out of the zone and some of these will be balls in the dirt. Therefore, see the ball up!

The 2012 MLB batting average was .338 with no strikes and dived down to 178 with two. The hard fact is, the chances of getting on base has greatly diminished for you with two strikes. So the importance of developing the discipline to stay within yourself and not chase pitches out of the zone becomes apparent right?

Here is how you can do it. See the ball up. If a breaking ball pitch starts at your waist or below, it's more than likely going to be a ball in the dirt. If it starts above your waist it's considered a “mistake pitch” and it will probably be a pitch that you can most definitely handle. The art of recognizing breaking pitches early is a key factor in “seeing the ball up” and is explained in detail in the ***Curve Ball Hitting Mastery Secrets***.



**Take on at-bat
at a time!**

What's your
new approach
to hitting?



THIS IS ALL YOU NEED!

Making the transition from effectively hitting average pitching to advanced hitting isn't about making BIG changes to your swing but more about understanding small key concepts overtime until you're able to apply them at the level of instinct!

When you can do this.....hitting pitchers that used to intimidate you will eventually be like hitting pitchers that you can't wait to get to the park to face.

Mastering these concepts and applying them will make hitting that much more fun because you'll experience success.

Stick with the philosophies.....and you will!

Get to work!

HAVE A PLAN	GET YOUR FOOT DOWN!	HAVE A RHYTHM!	HAVE A HARD FOCUS!	SEE THE BALL UP!
	<p>You can either try:</p> <ul style="list-style-type: none"> -Starting earlier -Or experiment with the post-stride 	<p>Don't be a robot out there. Hitting is like a dance!</p>	<p>Attack the inner half!</p> <p>Attack the inner half!</p> <p>Attack the inner half!</p> <p>This should be your mantra!</p>	<p>99.999% of breaking pitches that start in the strike zone will be balls by the time they cross the plate.</p> <p>See the ball up!</p>