Quality Plate Appearances & Situational Hitting

Ken Joyce
Toronto Blue Jays
755

Henry Aaron - Most Career Home Runs
Cy Young – Most Career Wins

511

Most Career Wins

Cy Young – Most Career Wins
Cal Ripken - Consecutive Games Streak
2297

Henry Aaron - Most Career RBIs
5714

Nolan Ryan – Most Career Strikeouts
Pete Rose - Most Career Hits

4256
2295

Ricky Henderson - Most Career Runs
Barry Bonds – Most Career Base on Balls

2426
.482

Ted Williams

Highest Career On Base Percentage
128

Eddie Murray

Most Career Sacrifice Fly Balls
I. Quality Plate Appearances

A. Approach

1. Having a Plan
2. Mental Aspects (comfort and confidence)
3. Aggressiveness While Staying Within One’s Self
4. Competition Against Pitcher
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B. Performance
1. Executing the Plan
2. Making Solid Contact
3. Hitting Your Pitch vs. Pitcher’s Pitch
4. Physical Aspects (mechanics)

C. Results
1. Succeeding with the Plan
2. Positive vs. Negative (cheap hit vs. line out vs. strike out)
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II. Assessment

A. Performance Over Results

1. Take Focus Off Hard Numbers
2. Builds Confidence While In Transition
3. Stresses Proper Mechanics
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B. Indicators
1. Hard Hit Ball Average
2. Ahead in the Count Average
3. Two Strike Average
4. QPA Percentage
5. Spray Charts
## OFFENSIVE INDICATORS

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<th>Player</th>
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<th>HHB's</th>
<th>HHB Avg</th>
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~ QUALITY PLATE APPEARANCES & SITUATIONAL HITTING ~
II. Assessment

C. Player Involvement
1. Accountability of Player
2. Ongoing Evaluation of Performance
3. Taking One AB at a Time
4. Consistency
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III. Situational Hitting

A. Patience
1. Make Pitcher Work (higher pitch counts)
2. See Repertoire of Pitches (study release point & pitcher’s pattern)

B. Being Selective
1. Develop Strike Zone Awareness
2. Work for Good Hitting Counts (better pitches to hit when ahead)
3. Base Runners! (Walks are GOOD!)
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C. Two Strike Approach
1. Expand Strike Zone
2. Stay Center to Opposite Field Oriented
3. Let Ball Travel Deeper in Strike Zone (see it longer)

D. Sacrifice Bunts
1. Important and sometimes Forgotten Art in Baseball
2. Runner on 1st (bunt down 1st baseline)
3. Runner on 2nd (bunt down 3rd baseline)
4. Bunt Traps (swing through – play pepper)
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E. Hit & Run
   1. Make Contact!
   2. Hit the Ball Hard on the Ground (direction depends on pitch location)
   3. Stay Away From Middle of Field

F. Runner on 2\textsuperscript{nd} Nobody Out
   1. Ultimate Sacrifice for the Team
   2. Advance Runner Any Way Possible (bunt, ground ball, fly ball)
   3. Have a Plan Against Pitcher's Purpose
   4. Stress in Batting Practice Daily
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G. Runner on 3rd Less than 2 Outs
   1. RBI is Most Important Thing
   2. Adjust Hitting Plan to Defense (infield in or infield back)
   3. Take Pride in Staying Within Yourself

H. Two Out RBI’s
   1. Most Games Won or Lost on 2 Out RBI’s