



## **IBAC BASEBALL'S TEAM GOALS ON THE OFFENSIVE SIDE OF THE PLATE**

If you can do these things in a game as a team, then you will almost always come out on top at the end. Remember, you have to score to WIN in baseball and RBI's are the key.

**You only get paid for two things in baseball:**

**IF you are a pitcher, you get paid for a LOW – ERA**

**IF you are a position player, you get paid for RBI's**

**THAT'S IT!**

## **Offensive Make up — Run Production vs. Batting Average**

### **Beat the Game (vs. opponent) PLAY THE GAME!**

1. Win the big inning: Almost 90% of the time, the team that has the biggest inning in a game wins.
2. Approximately 50% of the time, the team that wins will score more runs in one inning than the opponent scores the entire game.
3. Almost 75% of all innings where 3 or more runs are scored in an inning include a walk, error, or hit by pitch.
4. Approximately 90% of all innings where 5 or more runs are scored include at least a combination of 2 of the 3 (walk, error, hit by pitch).
5. When our team scores 7 or more runs in a game, we will win 90.7% of those games (last ten years of statistics).

**Therefore, our team goal is to score 7+ runs in a game (6 RUNS = 82% winning %; 5 RUNS = 35.3% winning %; 4 RUNS = 27.4% winning %)**

**THE KEY TO SCORING RUNS IS OUR TEAM ON BASE %**

### **Offensive Absolutes - Situational Hitting Duties**

1. The situation depends on the inning and the score.
2. With a runner at 2<sup>nd</sup> base and no outs, move the runner to third base.
3. With less than two outs, drive in the runner from third base.
4. When sacrifice bunting, get the bunt down! Do not try to run before you get the ball on the ground!
5. Hit & Run situation: get the ball on the ground and keep it out of the middle of the field.
6. Know the strike zone: get into hitter's counts.
7. Know the hitting zone. What is your pitch and what are the opposing pitcher's strengths.
8. Be willing and able to make two-strike adjustments.
9. Run production and on-base percentage are more important than personal statistics.



## **Pressure is the Key!**

1. In the short game: put the ball in the kill zones on each line 20-45 feet from home plate and away from the pitcher.
2. In the Hit & Run game: put the ball in play according to the location of the pitch. Try to hit a ground ball to the right side of the field if you can. The next best thing is a line drive, again to the right side of the field. The ball has to get deep in the hitting zone to make this type of contact. **STAY OUT OF THE MIDDLE OF THE FIELD!**
3. Runner at 2nd base, no outs: look for a pitch to drive up the middle or to the right side. Best case scenario – base hit. To help hit to right side of the field, get off the plate if you normally stand close.
4. Runner at 3rd base less than 2 outs: look for a pitch out and over the plate and try to hit the ball up the middle if the infield is back. If the infield is in, look for a pitch that you can lift for a sacrifice fly.
5. Base running game: 80% plus success rate on stolen bases. Take advantage of down angle reads (baseballs in the dirt, or BIDs). Be aggressive on the bases and make the ball stop you. **REMEMBER, EVERY BASE HIT IS A DOUBLE UNTIL IT ISN'T!**

## **Productive Outs**

1. Produce a run
2. Gain a base (move the runner)
3. 5+ pitch at bat
4. Quality at bat (situational)
5. Most important offensive stat: **ON BASE %**

## **How to Create a Big Inning**

1. Leadoff hitter gets on base.
2. Take every base the opponent gives you (be smart and aggressive)
3. Bottom third of line-up gets it started.
4. Team vs. individual at bat.
5. Get the opponent's starter into a high pitch count. (Be willing to take pitches, foul balls off)
6. Get your pitch to hit (be a disciplined hitter always)
7. Eliminate pitches early in the pitch recognition phase of the pitch.
8. Put the ball in play! (BB + HBP = Big Inning; No Ks, especially looking at good pitches go by)

## **In-Game After At-Bat Priorities**

1. Did I get a good pitch to hit?
2. Am I seeing the baseball? Did I get a good look at the pitch? (Vision is directly correlated with dynamic balance/maintaining posture.)
3. Did I get the bat to arrive on time?
4. How were my mechanics—really? You will take thousands of reps before you play—trust your swing!