

# Hitting;from a different perspective

Recognize the pitch

# Game plan

- Team
- Whats your team like?
- Whats your opponents like?
- Individual
- What kind of hitter are you?
- What can you hit?

Working from your strenght  
or their weaknesses?

Setting up your AB and your game

# Hitting drills

- Rotational drills
- Coloured ball drills
- Shuttle drills
- Practice hitting outside the strike zone?

# Picking the pitch

- Cheating or being smart?