

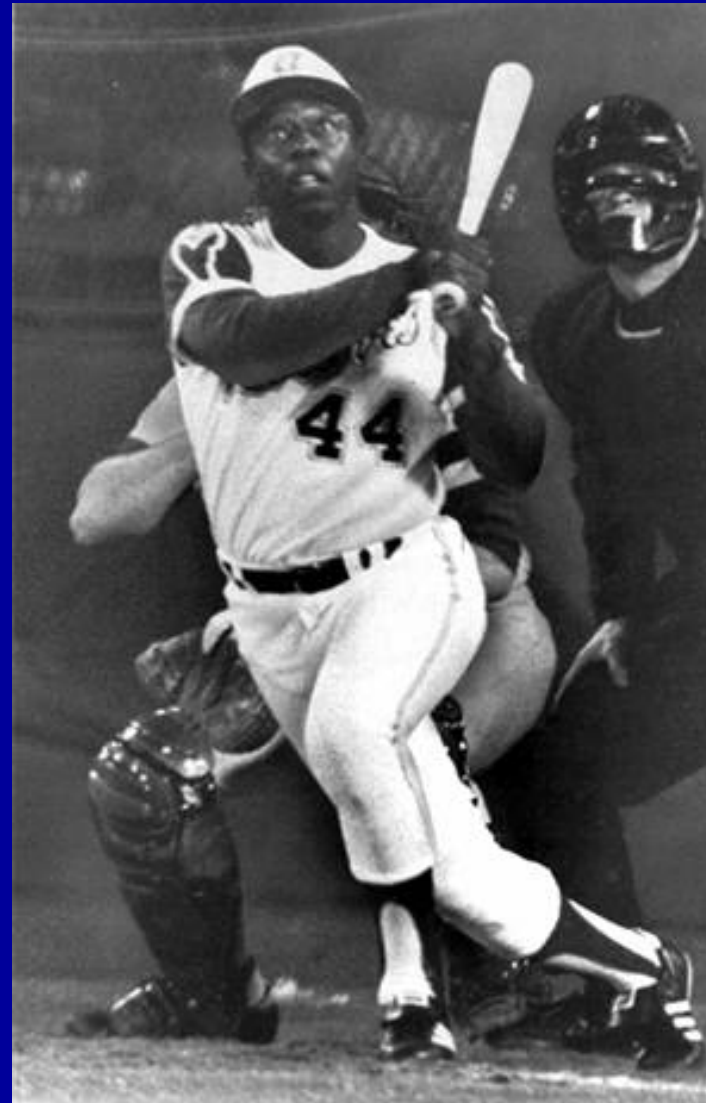


Quality Plate Appearances & Situational Hitting

Ken Joyce
Toronto Blue Jays



755



Henry Aaron - Most Career Home Runs

511



Cy Young – Most Career Wins

2632



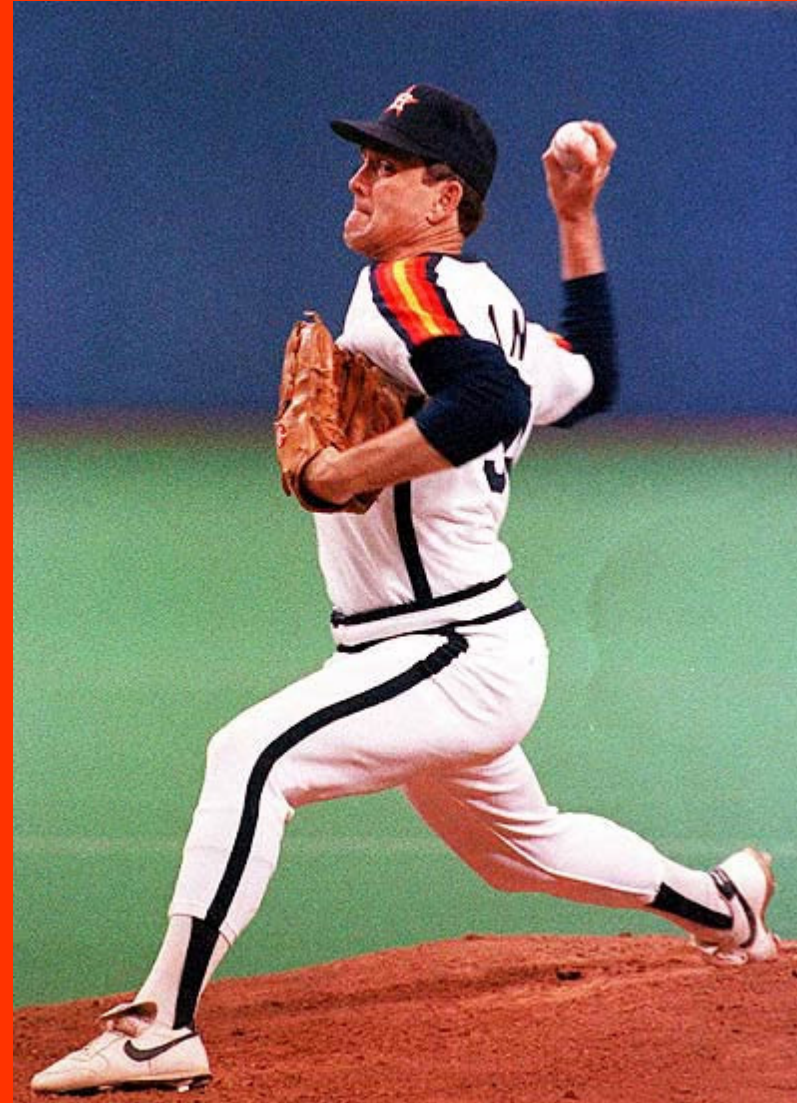
Cal Ripken - Consecutive Games Streak

2297



Henry Aaron - Most Career RBI's

5714



Nolan Ryan – Most Career Strikeouts

4256



Pete Rose - Most Career Hits

2295



Ricky Henderson
All-Time Run Leader

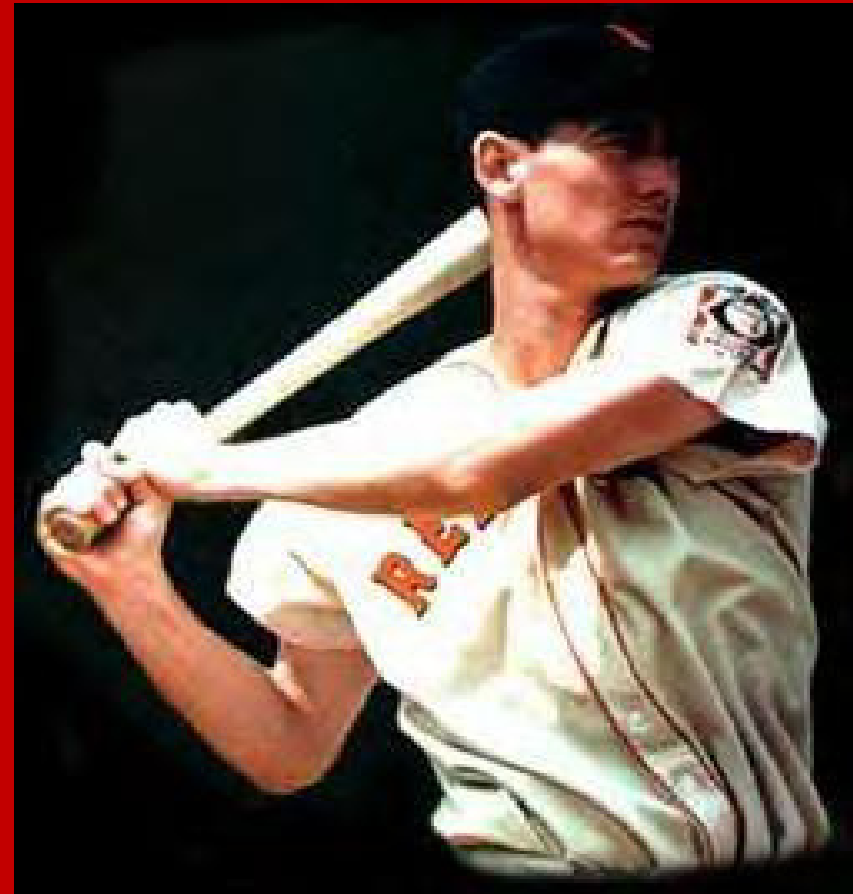
Ricky Henderson - Most Career Runs

2426



Barry Bonds – Most Career Base on Balls

.482



Ted Williams

Highest Career On Base Percentage

128



Eddie Murray

Most Career Sacrifice Fly Balls



~ QUALITY PLATE APPEARANCES & SITUATIONAL HITTING ~

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



~ QUALITY PLATE APPEARANCES & SITUATIONAL HITTING ~

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)



~ QUALITY PLATE APPEARANCES & SITUATIONAL HITTING ~

II. Assessment

A. Performance Over Results

1. Take Focus Off Hard Numbers
2. Builds Confidence While In Transition
3. Stresses Proper Mechanics



~ QUALITY PLATE APPEARANCES & SITUATIONAL HITTING ~

B. Indicators

1. Hard Hit Ball Average
2. Ahead in the Count Average
3. Two Strike Average
4. QPA Percentage
5. Spray Charts

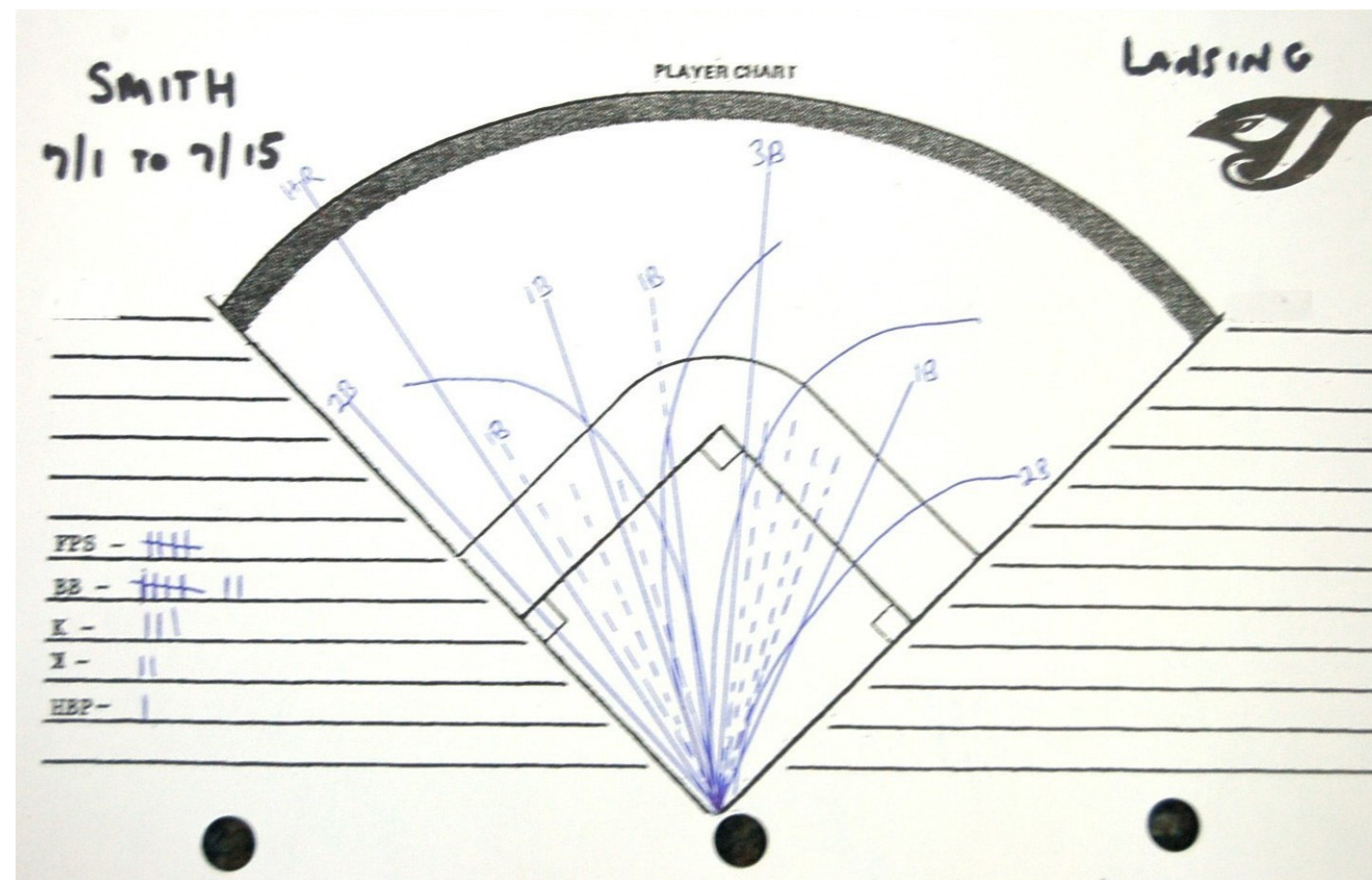


~ OFFENSIVE INDICATORS ~

Player	HHB AB's	HHB's	HHB Avg.	Ahead AB's	Ahead Hits	Ahead Avg.	2K's AB's	2K's Hits	2K's Avg.	QPA AB's	QPA's	QPA %
Eric Arnold	56	19	0.339	38	12	0.316	18	3	0.167	62	30	0.48
Randy Braun	61	14	0.230	42	11	0.262	19	1	0.053	68	26	0.38
Junior Chourio	119	25	0.210	63	11	0.175	56	8	0.143	124	37	0.30
David Corrente	95	28	0.295	57	16	0.281	38	8	0.211	108	49	0.45
Carlo Cota	207	60	0.290	118	42	0.356	89	14	0.157	232	113	0.49
Morrin Davis	193	43	0.223	112	34	0.304	80	5	0.063	204	71	0.35
Robinzon Diaz	192	48	0.250	158	54	0.342	34	4	0.118	195	95	0.49
Scott Dragicevich	211	86	0.408	143	56	0.392	68	8	0.118	234	128	0.55
Michael Galloway	93	26	0.280	59	19	0.322	34	4	0.118	96	37	0.39
Erik Kratz	142	42	0.296	89	34	0.382	53	5	0.094	147	55	0.37
Jarad Mangioni	179	45	0.251	114	39	0.342	65	7	0.108	199	78	0.39
Juan Peralta	283	80	0.283	196	66	0.337	87	11	0.126	317	146	0.46
Jason Perry	106	46	0.434	71	34	0.479	35	11	0.314	118	68	0.58
Erik Rico	163	58	0.356	112	47	0.420	51	6	0.118	180	96	0.53
Jose Salas	76	17	0.224	44	14	0.318	32	5	0.156	90	41	0.46
David Smith	153	40	0.261	102	30	0.294	51	9	0.176	164	60	0.37
Zephaniah Zinsman	205	53	0.259	121	38	0.314	84	12	0.143	233	102	0.44
Jon Ashford	3	0	0.000	0	0	0.000	3	0	0.000	3	0	0.00
Team Totals	2537	730	0.288	1639	557	0.340	897	121	0.135	2774	1232	0.44



~ QUALITY PLATE APPEARANCES & SITUATIONAL HITTING ~





~ 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



~ QUALITY PLATE APPEARANCES & SITUATIONAL HITTING ~

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!**)



~ QUALITY PLATE APPEARANCES & SITUATIONAL HITTING ~

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)



~ QUALITY PLATE APPEARANCES & SITUATIONAL HITTING ~

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 2nd 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



~ QUALITY PLATE APPEARANCES & SITUATIONAL HITTING ~

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