



Get Ready to Hit 5 Deep List:

- 1.HIT (after you hit, release and refocus for defense)**
- 2.ON DECK focus, routine, relax, timing with swings (visualize success of situation)**
- 3.IN THE HOLE timing, tracking, triggering**
- 4.CHECK CHART/ CHECK IN WITH COACH IGARA let Coach know what pitch and location you are sitting on**
- 5.PREPARATION get lid, get glove, get bat, GET BIG, get your mind right**

SITUATIONAL RESPONSIBILITIES:

Nobody On –find a way on base (QAB)

Runner On 0 outs- advance or score runner

Runner On 3B less than two out- score runner, BB, HBP

RISP 2 outs- score runner, BB, HBP

KNOW YOUR HITTING ZONE, UNLESS WE ARE MOVING A RUNNER, A SWING SHOULD PRODUCE LOUD CONTACT