

Developing a  
Community  
together



# Marcus History

.301 BA	2013- 5A Regional semi-Finaist
170 Doubles	Max Prep- 23 in country
34 Home Runs	2014- 5A Regional Finalist
491 RBI	Max Prep-19 in country
288 SB's	2015- Area Finalist
.435 Slugging	Pre-Season #1 in Texas
113 Drag Bunt hits	Baseball America #6

# Marcus Players to the Next Level

- 13 D1 Player
- 3 D2 players
- 3 D3 players
- 11 JUCO players

# Marcus Baseball Success

- A.A.I.T. – Core Values
- Development of Player
- Having Fun and Competing
  - Have an identity
- One Voice for program
  - Praise them!!!

# Age group Process

- 8-10 have a concept of the game
- 11-12 Understand the skill set
- 13-14 Learn to repeat skill set

# Defensive Drill Work



# MARCUS BASEBALL









Connecting companies. Connecting you!  
 INFORMATION TRANSPORT SYSTEMS  
**ablecomm.net**

**AT BAT** BALL **0** STRIKE **0** OUT **0**

SPECTRUM

	1	2	3	4	5	6	7	8	9	10	R	H	E
<b>VISITOR</b>	1	0	0	0	0	2	0				3	4	1
<b>MARCUS</b>	1	2	0	0	0	1					4	4	1

**MARAUDER BASEBALL**

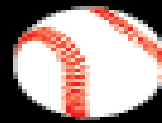
 **Nationwide**  
 is on your side

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Wade Hunt Agency

 **Flower Mound Youth Sports Association**  
 PROVIDING BASEBALL AND SOFTBALL FOR FLOWER MOUND YOUTH  
[www.fmysa.com](http://www.fmysa.com)

 **Rapid Med**  
 Urgent Care Center  
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I WILL















# We Struggle To Fix As Coaches

- Not getting the Big Hit?
- Not getting enough XBH?
- Struggling to score runs?
- Getting dominated?
- Struggling to get momentum?
- Can't create the back-to-back?
- Do your player's know their swing?
- Negative thinking?



# The NON-NEGOTIABLE

- On deck never gets foul ball-Always focused
- 'In the hole' –Visualizing success, timing up (2 second load)
- Get best swing off in an AB
- 12 seconds off-field/14 seconds on-Field
- Always hard 90's - Look for bobble
- Always look for drag
- Ball in dirt

# Best Swing

- Athleticism=Stance & Finish. Trumps all
- 100% Hack /Let it FLY/Monster Hack
  - Pre Rhythm
  - AROD, SOSA, RUTH - Gathering/Load/Creating Separation
  - Launch – Best dodge ball stance w/ bat tilt
  - Connection - Elbow in slot w/ body rotation
  - Finish - Hip/Knee sinking to ground in athletic balance

# Bat Speed With Radar Gun

- Starting point to all hitters
- Maximum bat speed with Direction
- Lets them swing free and hard (Monster Hack)
- Accountability
- Creates your best swing
- Another way to understand swing

# Bat Speed Competition

Why do it?

- Creates PRESSURE!!!!
- Forces you to get the best swing
- Mental focus
- Toughness

# Timing up

Being on time to fastball is the most important piece to hitting.

- When to start gathering/load?
- Start creating the window from pitcher
- Create a visual for them. Practice it!

# Hard Oppo

- Hard groundball to 2<sup>nd</sup> baseman - to – Right centerfield wall for RHH
- Creates plate coverage
- See baseball deep
- Looking for an away pitch



# 3-8 Competition

- 1-ground ball and 10-fly ball. We want to hit it between 3-8 on a line
- Hit baseball below the L-Screen
- Keep baseball between Left to Right Center

## 2 Strike Hitting

- Throw your best pitch. CV, CU, Slider, FB
- Goal is to foul off tough pitches and look to hit a hard ground ball
- Short gather/ separation to be on time fb away.

# Crush

- Monster hacks
- Hit all balls over CF wall
- Keep ball middle of the field
- Create best swing

# Positive Thinking

- Routine-breath, Heart rate, Focus in dugout
- Big league approach -Sharp shooter mentality
- Positive Chart in dugout or Practice time
- Hug them, Love them, Care for them