

Developing an Offensive Mentality





Marcus History



.301 BA

2013- 5A Regional semi-Finalist

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 Hitters since 2013



Before

- 2008 – 2012 Two D1 hitters
- 2012 – hit .188 in district

Year we got there

- 2013- hit .331 in district : .322 on season
- 17 D1, 5 D2, 3 D3, 2 NAIA, 16 JUCO



Hitting Mentality



- How do you Create and implement a Culture?
- What's your teams hitting identity?
- How do you execute your identity?

We Struggle to fix or say as Coaches

- Not getting the Big Hit?
- Not getting enough XBH?
- Struggling Scoring Runs?
- Getting Dominated?
- Struggling getting 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***
- Scioscia Mentality- Always hard 90's- look for the extra 90
- Always look for Drag
- Ball in Dirt – GO

Understanding the methods of hitting

- **Rapid Visual Attention** – Quicker you can pick up something – Identifying
- **Speed Target Detection** – How quickly you can go from one thing to another.
- **Trajectory estimation** – hitters watching ballpitches – shouting out where pitch will be before it gets to hitting zone
- **Impulse Control** – how quickly (most relentless to hitter) you can stop. Hard to teach.
- **Distraction Control** - How many things effect a hitter - stealing 3, crowd noise, parents
- **Timing Control** – Can you hit different speeds - walk ups drill
- **Response Flexibility** – Can you hit while doing a task - situational hitting, hard oppo round.

Best Swing

- Athleticism=Stance & Finish Trumps all
 - 100% Hack /Let it FLY/Monster Hack
1. Pre Rhythm
 2. AROD, SOSA, RUTH-Gathering/Creating Separation
 3. Launch-Best Dodge ball Stance w/ bat tilt
 4. Connection-Elbow in slot w/ Body Rotation
 5. Finish-Hip/Knee Sinking to ground w/athletic position

Best Swing Off



Sequencing

- Creates Separation
- Hitter will understand his gather
- Makes you get to connection
- Understands and feels balance
- Creates Best Swing

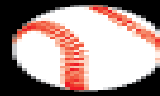
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Bat Speed w/ Radar Gun

- Reason why we get Bat Speed with Radar Gun
 1. Starting point to all hitters
 2. Lets them swing free and hard (Monster Hack)
 3. Accountability
 4. Creates your Best Swing
 5. Another way to understand swing

Bat Speed



I WILL



Bat Speed Competition

- WHY?
 1. PRESSURE!!!!
 2. Gets best swing
 3. Mental Focus
 4. Toughness

Bat Speed Competition

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AT BAT

BALL **0** STRIKE **0** OUT **0**

SPECTRUM 1 2 3 4 5 6 7 8 9 10 R H E

VISITOR	1	0	0	0	0	2	0					3	4	1
MARCUS	1	2	0	0	0	1						4	4	1

MARAUDER BASEBALL



Wade Hunt Agency



Timing up

- Being on time to FB is the most important piece to Hitting.
 1. When to start Gather
 2. How many Seconds does gathering happen?
 3. Create a Visual for them. Practice it!

Timing



Hard Oppo

MARCLUS
BASEBALL



3-8 Competition



2 Strike Hitting

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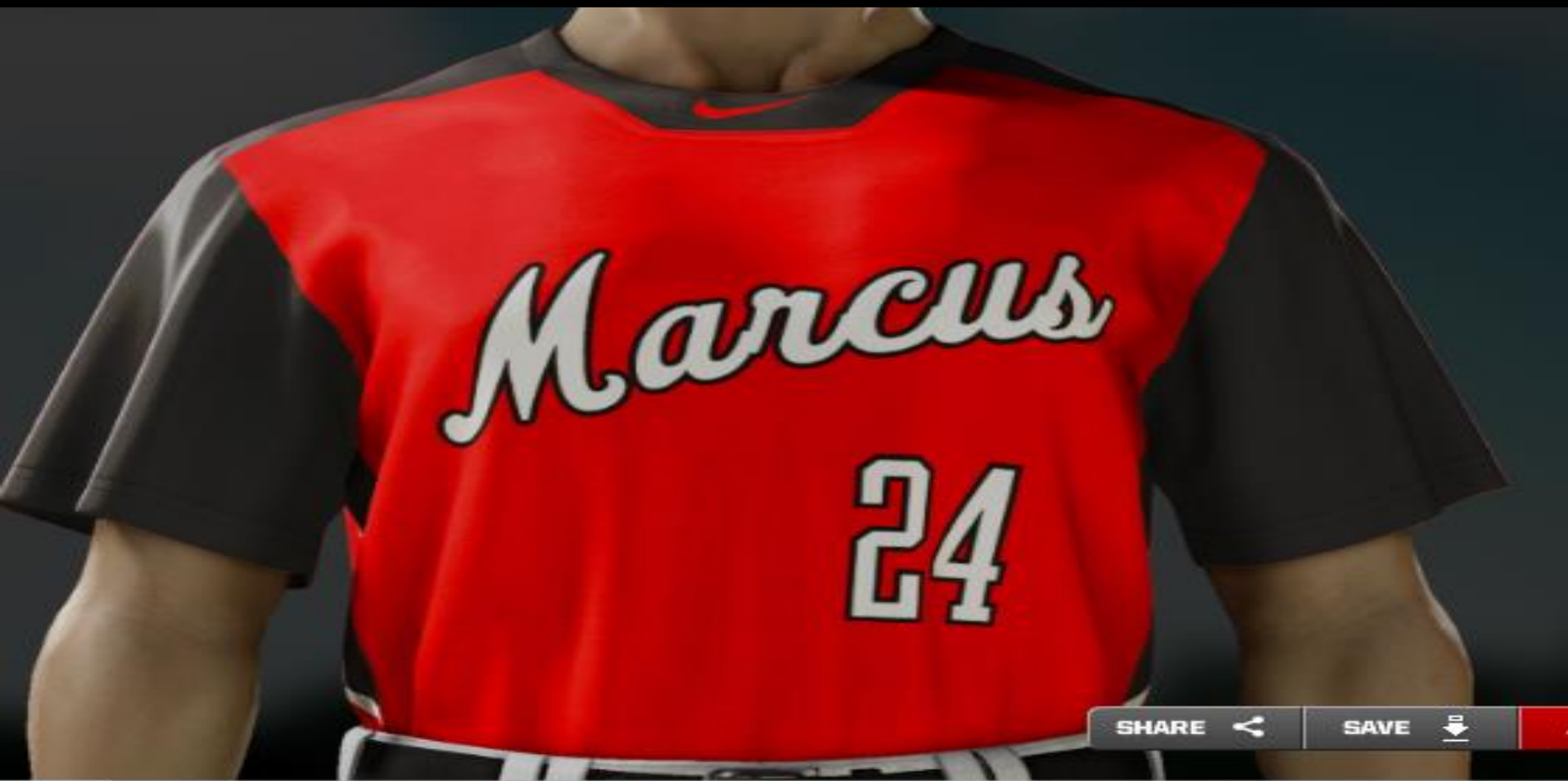
AT BAT **10** BALL **1** STRIKE **1** OUT **2**

SPECTRUM

	1	2	3	4	5	6	7	8	9	10	R	H	E
VISITOR	0	0	0	1	0	0					1	4	2
HOME	1	2	0	3	0	0					6	5	1

GO **PREMIER PROSPECTS** **PACK**
Softball & Baseball Academy

Crush



Bunt Game





Hitting Drills-Create yourself to be ATHLETIC
'Know your strengths, Address your weaknesses'

❖ **Hands Drills**

- High Tee
 - Focus on solid contact, move to side of the plate you struggle most with
- Sheffield-Hand movement to get to Launch

❖ **Lower Half Drills**

- Low Tee
 - Trigger hips, sink to baseball
- Manny-High Leg Kick w/ getting to launch
- Sinking drill 50%/60%/70% foreword

❖ **Bat Path Drills**

- Fast ball machine
- Slider machine
- Front Toss
 - Any environment that is 'controlled'
 - Looking for pure contact every time

❖ **Rhythm / Timing Drills**

- Sheffield-Hands start in middle of body-to create movement back/Separation
- Walk ups-after every pitch move forewards
- Live Cage
- Manny-High Leg kick with Barrel to knee/ Creates Separation
- Front Toss w/ Bat Exit Velo
- Fungo-throwing ball up hit into back of net-with competition

❖ **Bat Speed Drills**

- Bat exit on tee
- Underload / Overload / Donut bats
- Front toss/ Tee bat exit

❖ **Mechanical Drills**

- Landing Uphill /Downhill with stride
- Slow Motion-w/ mirror
- Slider Machine
- Basic Tee work
- Heels up / Toes up on incline

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



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