

Hitters Checklist

Hitting Skills Checklist

Learn how to take batting practice

Learn how to take a pitch

Know how to Bunt

Able to handle outside pitch

Able to handle inside pitch

Able to handle low pitch

Able to handle high pitch

Hitting up the middle

Hitting to the opposite field

Hitting to the pull side

Hitting ahead in the count

Hitting behind in the count

Know how to execute Hit and run

Know how to move runners up

Know how to get runner in from third with less than two outs-infield in, infield back

Hitting off-speed pitches

Hitting for power

Consistent solid contact

Mental Approach

Know the strike zone

Know the type of hitter you are

Know the type of pitches you hit best

Know the pitcher you are facing

Know his best pitch or out pitch

Know the game situation

Know the weather conditions

Learn how to anticipate the pitch

Formulate a plan

Have a routine