



HITTER'S NOTEBOOK

**ALWAYS
GRIND**

See the BIG, INSIDE part of
the baseball

DRILLS

1. Tee = Build up drill
2. Tee = stop back drill
3. Flips = Angled
4. Flips = 4 seam / 2 seam
- 5.
- 6.

VIDEO ANALYSIS

* Be mindful of EXPLORING
Lower half.

* Prevent drifting forward.

* Be mindful of the strikes I swing at

TECHNOLOGY

LAUNCH

ATTACK
ANGLE

SPIN
RATE

SWING
SPEED

OTHER

What I Did Well

- * Good body control when doing the build up drill
- * Avoided the sway back when I did the step-back drill
- * Drove the ball gap to gap during BP

What I Need To Improve

- * Maintaining constant focus on the BIG, INSIDE part of the baseball
- * More EXPLOSIVE w/ body control

SCOUTING REPORT

Opponent/Staff Notes

Likes to get ahead with Fastballs, then expands the zone, and likes to show inside

Starter: <u>H. Young</u>	# 10	L/R <u>(R)</u>	<u>H. Young</u>	(Throws SL when ahead)
Reliever: <u>J. Burns</u>	# 22	<u>(L)</u> /R	FB=88-91	SL=77-80
Reliever: <u>D. Smith</u>	# 27	L/ <u>(R)</u>	CH=81-83	
Reliever: _____	#	L/R	<u>J. Burns</u>	

Approach

Be aggressive with pitches up in the strike zone

D. Smith:

FB=88-90 SL=77-80
(good sink)

What I Did Well

Good job of staying in my hitting zone
Hit the ball hard in one of my AB's

What I Need To Improve

= Be ready to **ATTACK** the first pitch
= Give left handers the inside pitch

Notes

Overall good approach
Saw the baseball out of the pitchers hand

AB #

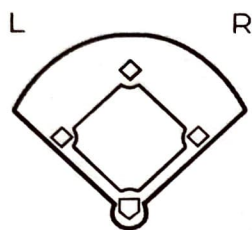
SITUATION

PITCH SEQUENCE

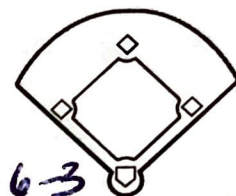
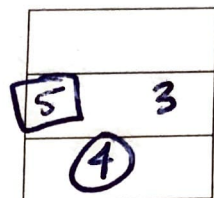
RESULT

1

Inn.

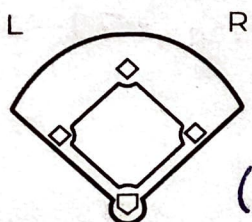


Outs ○○

FB, FB FB FB FBQuality AB? Yes No

3

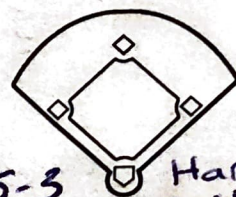
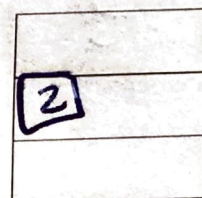
Inn.



Outs ●●

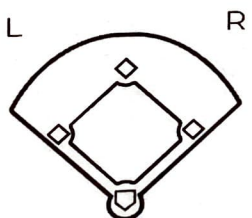
SL ZFB

(good sink/run on ZFB)

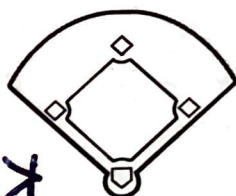
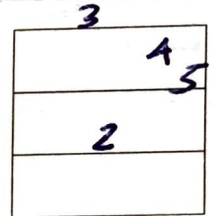
Quality AB? Yes No

6

Inn.

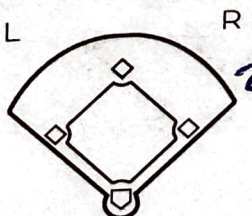


Outs ●○

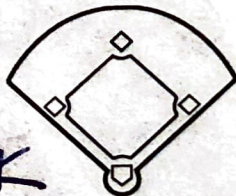
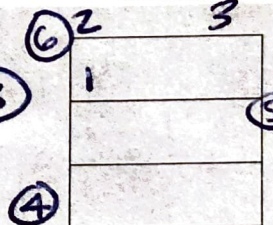
ZFB, ZFB, ZFB, ZFBQuality AB? Yes No

9

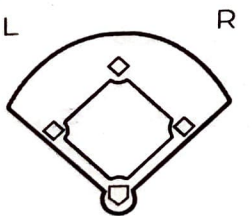
Inn.



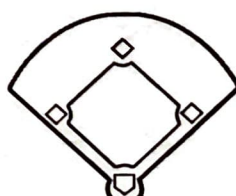
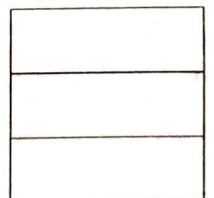
Outs ○○

ZFB, FB, FB, ZFB, ZFB, FBQuality AB? Yes No

Inn.

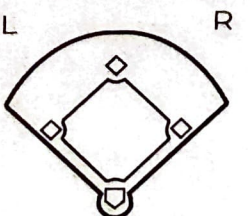


Outs ○○

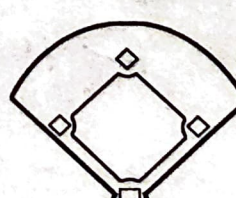
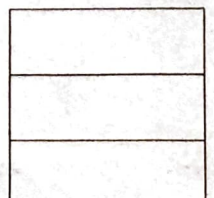


Quality AB? Yes No

Inn.



Outs ○○



Quality AB? Yes No

1. Jump Rope
2. Ladder Drill
3. Soft tissue
4. Lunge progression
5. Bands
- 6.

TEE

1. Build up Drill
2. Step back Drill
- 3.
- 4.
- 5.
- 6.

BATTING PRACTICE

1. Build up from 50%
2. One hops
3. Gap to Gap
- 4.
- 5.
- 6.

1. Shadow Drills
2. Pivot Picks (30-45 feet)
3. Step Backs (60-75 feet)
4. Roll Ins (90-120 feet)
5. Crow Hops (150+ feet)
6. Pull Downs on way back in

BULLPEN

1. Set goal of session
2. Develop plan
3. Execute plan
4. track results of each pitch
5. Reflect on pen results
- 6.

PRE-GAME

1. Active Warm Up
2. J-Band Routine
3. Shadow Drills
4. Throwing Progression ending with Pull downs
5. Pen with catcher
6. Visualize. Breathe. Repeat.
Mentally prepare to DOMINATE.

**ALWAYS
GRIND**

BULLPENS

Date: 10 / 7 / 20 .

FOCUS @

Working down and in to a righty at a 60%+ execution rate with each of my three pitches.

BULLPEN PITCH TABLE

PITCH	4 Seam	Curveball	Change Up	
Spin Rate	1762 RPM	2299 RPM	1753 RPM	
Velocity	84.1 MPH	65.4 MPH	74.3 MPH	
Strike %	60%	50%	30%	
Pitch Count	20	10	10	

What I Did Well

Was able to control the fastball down and in at a 60% clip

What I Need To Improve

I need to continue to improve the command of my secondary pitches when working down and in to a righty.

GAME LOGS

Game # 1

Opponent: CHA

Date: 10 / 9 / 20

Game Goal:

APPEARANCE SITUATION: (STARTING/RELIEVING/SAVE OPP)

INNING	NOTES 	QUALITY INNING? YES/NO
1.	- Threw 1 st pitch strike to all 3 batters faced - Started each batter off with a fastball	Yes
2.	- Struggled to get the fastball in on righties - Pitched behind in the count a lot	No
3.	- Was able to attack with my fastball	Yes
4.	- After establishing my fastball first time through the order, I was able to pitch backwards effectively	Yes
5.		
6.		
7.		
8.		
9.		
10.		

Quality Start? YES ☒ NO
(6+ Inn < 3 Earned Runs)

INNINGS	HITS	RUNS	ERRORS	WALKS	STRIKEOUTS	SAVE	WIN/LOSS

Notes 

Threw 60 pitches - so more than goal of 13 per inning
- But threw 65% of them for strikes

Did not allow a stolen base

Felt like I competed with each pitch

Looking forward to getting my eight hours of sleep in
tonight so I can attack my recovery day tomorrow