

# know the counts.

## 0-0

The pitcher wants to get ahead, so be aggressive early.

I've never bought into the idea of taking the first strike because the first strike might be the best pitch you'll see all day. If you're going to be selective, be selectively-aggressive. Key-hole the Fastball down the middle. When you get it, don't miss it.

## 0-1

Now you're behind in the count. If you were late or early on the previous pitch, the pitcher might follow up with the same pitch to see if you can adjust.

Let's call it the 0-1 double-up. Late on the Fastball? You'll probably get another fastball until you can show you can handle the velo. Early on the off-speed? You'll probably get more off-speed until you show you can stay back.

## 0-2

The pitcher will either change speeds, make you chase, or change levels to set up the next pitch. Again, know the pitcher's out-pitch here. When you're 0-2, your job is to battle! Period.

Make the pitcher work, put pressure on the defense, and use a solid B-Swing. For most of you, a good B-Swing is shortening up a tick, loading late, and posting up.

## 1-0

This is the first "hitter's count"—it's a good time to take a controlled aggressive swing on something up in the zone.

Be ready for the Fastball or for the pitch they throw most for a strike.

## 3-1

If there's ever a count where you're going to get the best pitches to attack, it's probably here. The pitcher made the mistake of taking you here. Make them pay—big time.

## 2-2

One of the most common pitches in a 2-2 count, especially in a double play situation, is a 2-2 breaking ball or off-speed pitch-to-contact.

In other words, something softer that's down in the zone. The goal here is to get you to make soft contact, preferably on the ground. See the ball up, and try hitting it hard, oppo.

## 2-0

Be prepared to take a Hell-Hack while staying within yourself - swinging with controlled-aggression.

The pitcher wants to avoid going 3-0, so they will typically come right at you with a Fastball or the pitch they throw most for a strike.

Most importantly - we can't get cheated by the Fastball.

## 1-1

Hunt the pitch they're throwing most for strikes.

## 3-0

Take unless you have the green light. A walk is as good as a line-drive up the middle for most of you. If you're swinging here, you better do damage.

