



2 Strike Approach

What the best teams look to accomplish and how they measure success

2 Steps to a 2K Approach

Physical

- Adjust your stance



- Adjust your grip



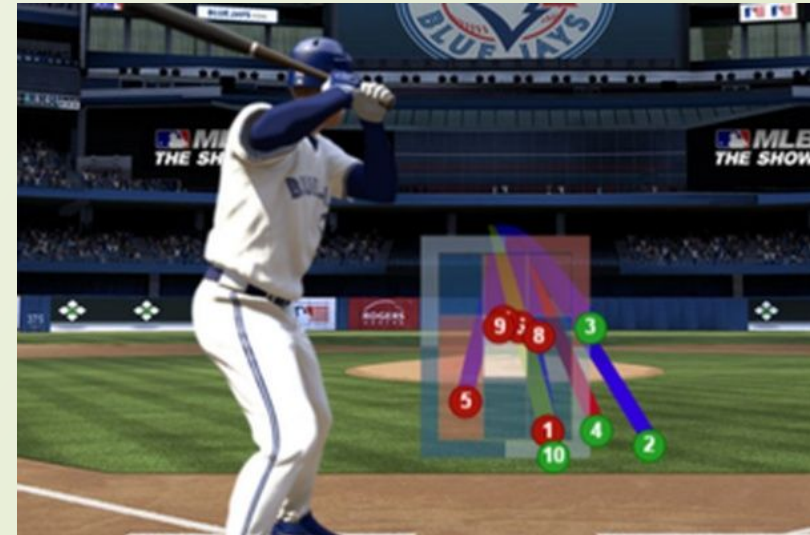
Mental

- Positive talk
 - “It’s just another count!”
- Team plan
 - “We will see more 2K pitches than the other team.”
- Individual plan
 - “I will not strikeout on a fastball away.”
 - “This ball is going over the SS head.”

What does success look like?

2K AB	Total AB	2K H/BB/HBP	2K Pitches	K	2K AB:K Ratio	2K AB:P Ratio	2K AB:H/BB/HBP Ratio	2K H/BB/HBP:K Ratio	2K AB: AB Ratio
24	51	7/5/1	58	4	6 : 1	1 : 2.42	1.85 : 1	3.25 : 1	1 : 2.13
14	31	3/1/0	36	3	4.67 : 1	1 : 2.57	3.5 : 1	1.33 : 1	1 : 2.21

- ❑ Striking out less
- ❑ Seeing more pitches
- ❑ More Hits, HBP's and BB's
- ❑ Less 2K AB's vs. AB's!!!



Questions?

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