

Strategy for Covering the Plate

4B Strategy for Covering the Plate

The purpose of this document is to discuss a strategy for covering the plate. It focuses on covering pitches (the strike zone) left and right and should be used with “Hitting It Through the Infield” which focuses on covering the strike zone (the plate) up and down. This document also builds of a previous document “Shoot it Inside Out Hitting”, and setting up to hook the ball (like a left handed hitter) which keeps the hands back. Because the defensive catcher and pitcher can see these strategies in the way the offensive hitter sets up (swings), these documents can also be used in understanding pitching strategy. This document points out the many advantages of forcing the pitcher to pitch, of setting up the pitcher to give you what you want when you have two strikes, and of covering the plate.

The first thing you see

This strategy is based on what you know about a pitch early. You do not know where it will end up, but early you know which way it is spinning and which way it will move. Very early you can also know if the pitcher is throwing off his toes or off his heels. In other words, whether he is pulling or pushing will help you know how it is going to move. Very few pitchers both pull and push the ball. If they always pull or always push, then you can see in their release which way it will break. If they both pull and push, it will probably break left on the pull and right on the push.

Make the Pitcher Pitch

Until you have two strikes, use a selective strategy that both makes the pitcher pitch and sets you up for the pitch you want when you have two strikes. By making the pitcher pitch, I am saying to make him hit a corner going away (catch a front corner only), or to make him throw something other than the one he likes to throw early in the count. If he uses both sides of the plate early in the count, then just look for a pitch breaking outside-in to the strike-zone. If he stays on one side of the plate early in the count, take that side or pitch away from him. Make the pitcher either hit a corner breaking away, or use both sides of the plate. Make the pitcher pitch.

Summary: Strategy for Covering the Plate

The purpose of this document has been to discuss a strategy for covering the plate. It focused on covering pitches (the strike zone) left and right and should be used with “Hitting It through the Infield” which focuses on covering the strike zone (the plate) up and down. This document also builds of a previous document “Shoot it Inside Out Hitting”, and setting up to hook the ball (like a left handed hitter) which keeps the hands back. Because the defensive catcher and pitcher can see these strategies in the way the offensive hitter sets up (swings), these documents can also be used in understanding pitching strategy. This document points out the many advantages of forcing the pitcher to pitch, of setting up the pitcher to give you what you want when you have two strikes, and of covering the plate.