

Strategy for Low Pitches: Hitting It Through the Infield

4C Strategy for Low Pitches: Hitting It through the Infield

The purpose of this document is to discuss the advantages of focusing on low pitches. It focuses on covering pitches (the strike zone) up and down and should be used with “Strategy for Covering the Plate” which focuses on covering the strike zone (the plate) left and right. This document also builds on a previous document “Shoot it Inside Out Hitting”, and setting up to hook the ball which keeps the hands back. Because the defensive catcher and pitcher can see these three strategies in the way the offensive hitter sets up, together these three documents can be used in understanding pitching strategy. This document points out the advantages of setting up to hit low pitches hard through the infield.

Hit it hard

The inside out swing is similar to throwing overhand or underhand without your thumb on the ball. In that kind of throw or swing the direction of the arms is not the same as the direction of the ball or bat being thrown. When you have your thumb on the ball, you throw your arm with the ball. When you separate your thumb from your fingers, like a whip the release of the ball or bat is not in the direction of your arms. With the inside out swing on a low pitch, the arms go right down to the contact point, and the bat goes out through the hole in the infield if you do not hold the knob. Since you are using gravity, just like throwing an overhand fastball with a quick downward motion you can really get that bat moving and hit it hard. Plus, you move the bat with your thumbs before contact and guide that movement right to the ball with your fingers. Not only do you make little adjustments to hit the ball, but your bones are lined up with the bat to support the contact, and make the ball jump off the bat. With the added strength of the thumbs and the support of all the bones, the inside out swing is quick and hard.

Hit it through

The inside out swing is focused on a contact point. To begin with, that contact point is low because we want to make the pitcher pitch. More on high pitches later. To hit a low pitch through the infield, pick the right contact point. Over time you will learn where to hit each pitch, but the learning process is easy because it is the same one you use to catch a ball. Just like you prepare to hold your mitt a little different depending on the way a ball is moving towards you, you hit a ball through the infield by picking contact points early in the pitch. As you pick your contact point you are forming your body around that point so the ball will go hard through the infield. As far as level is concerned, make it hard for the infielders to catch, right at the level of their feet.

Bloopers and High Hops

You do not have to hit the ball squarely to get a hit. If you are focused on hitting your line drives on the level of the infielder’s feet, when you do not hit a line drive you will

Strategy for Low Pitches: Hitting It Through the Infield

get either bloopers or high hops. In other words, hit it through, and no more easy grounders or lazy fly balls. Save those for when your people are in scoring position.

With People in Scoring Position

With people in scoring position, get one you can hit hard and hit it through the outfield or over the fence. Here the inside out swing tomahawks the high pitch, under hands the low pitch, and either hooks off the toes or draws off the heels the middle pitches. In each case the inside out swing uses gravity and a downward force to get the bat moving, and lines up all the bones to support contact, making the ball jump off the bat.

Summary:

Strategy for Low Pitches: Hitting It through the Infield

The purpose of this document has been to discuss the advantages of focusing on low pitches. It focuses on covering pitches (the strike zone) up and down and should be used with “Strategy for Covering the Plate” which focuses on covering the strike zone (the plate) left and right. This document also builds on a previous document “Shoot it Inside Out Hitting”, and setting up to hook the ball which keeps the hands back. Because the defensive catcher and pitcher can see these three strategies in the way the offensive hitter sets up, together these three documents can be used in understanding pitching strategy. This document points out the advantages of setting up to hit low pitches hard through the infield. It is about getting people in scoring position by hitting it hard, hitting it through, taking advantage of high hops and bloopers. Then, with people in scoring position, it continues talking about the advantages of the inside out swing to use contact points and hit is through or over the outfield.