

Oregon Tech Baseball: An All-Inclusive Hitting Development Plan

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Coaching Staff Expectations & Past Experience

- Programs have obstacles...Dominate with what you have
 - Balcony Practice
 - UAV Practice Situation
 - Outside lifting
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- **Know your niche, obstacles, your resources, your timeline.**
 - **What's your vision for your offense?**
 - **Map out the route to earn your vision.**
 - **Awareness and adjust along the way.**

How we map out our plan for success?

- Evaluate Hitters
- Create an Environment of Intent/Understanding
- Develop Movement Patterns
- Develop Swing Decisions
- Develop Competitors

Evaluating Hitters: How we evaluate?

- Self Education
 - Biomechanics → Kinetic Link → Proximal to Distal → Fluid Muscle Contractions
- Visual Evaluation/Video
 - What do your eyes and video show you?
 - Approach/Mindset affects timing and swing decisions
 - Timing and swing decisions affect mechanics
- Blast
 - Mass data
 - Evidence towards mechanical beliefs

The eyes tell the
body what to do.



What are we looking for mechanically?

Dynamic Balance/Bat Quickness/Adjustability within the bat path/Consistent Exit Velocity

- Load → Dynamic Balance = Consistent
 - Hinge
 - Hand load works in conjunction with the lower body segments
 - Create separation
- Forward Move
 - Maintain hinge
 - Hold tension through the center
 - Tempo into foot strike
 - Heel Plant/Timing
- Rotation
 - Bat path w/ connected direction
 - Posture
 - Balance
 - Vision = primary gaze

No Wasted Time.

- Everything affects everything
- Why wait...when you know, put them in an environment to improve
- Educate
- Ownership

Deciphering Drills

- Know what you are trying to accomplish
- Some drills are universal
- Some drills need to be individual

We prefer drills that encourage the athlete to coordinate their body in the proper sequence vs. segmenting parts of the swing

Mechanical Drills

1. Movement Prep (improve balance, rotational efficiency, connection)
 1. Connection Ball Drill
 2. Rotational Med Ball Throws
 3. Water Bags
 4. PVP Pipe Drills
2. Tee Work
3. Front Toss



Mechanical Drills

Launch Position



Balance Point



Making Swing Decisions

The best hitters are more consistent with their swing decisions

- Learn to hunt pitches
- Learn to say “No” and stop
- Develop an understanding for types of pitchers
- Practice an approach
- You can sit on a pitch, but NO GUESSING!

Swing Decision Drills

Train being free of thought and trusting training

- Front Toss
 - Pitch Type
 - Pitch Location/Height (8 Ball)
 - Pitch Type/Location
 - Pitch Type/Location and adjust
 - Colored balls
 - Two seam/four seam
- Pitching Machines
 - Two machines
 - Two types of balls
 - Two balls
- Coach BP
 - Same as Front Toss

Swing Decision Drills



Competition BP

- Game like
 - Routine
 - Mindset
 - Approach
- When ready, coordinate batting practice environments that best replicate the game or best replicate any form of competition

Thank you!