

Laker Baseball 2025: Hitting Organization For On The Field Practice And Development

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**What is your WHY
for hitting on the
field?**

**Challenges: number
of players, number
of coaches, facilities
and equipment.**

**THIS SHOULD DRIVE
FUNDRAISING
GOALS and YOUR 5
YEAR PLANS!!**

LAKE OSWEGO HIGH SCHOOL FACILITY 1998-99





On the field hitting starts with building understanding and culture first before a single swing.

Coaches Players Program

1. Coaches have to differentiate between on the field hitting objectives and indoor cage objectives.

“If you don’t know as a coach what you are trying to accomplish neither do your players.”

a. Hitting is its own culture development. What is yours and how do you develop it?

b. Where is your ego as a coach? Do you really understand hitting? If not, do you seek help, understanding and what philosophy works for your intentions? Ex. Launch angle, exit velo, terminologies “keep your hands inside the baseball”etc. And how it confuses players.

Separation of Objectives

2. For us indoor cage objectives are where we break down your swing and adjust to velocity and spin. (Individually specific, Time management)

On the field hitting is about executing and understanding mental approach, game situations, reads, and defensive situations.

3. Hitting has to be very intentional, in the moment and your players need to understand why you are asking them to do something.

“They need to understand your philosophy as a coach and why.”

YOU ENCOURAGE WHAT YOU TOLERATE!!

Coaches Need to Coach and Players Need Accountability

4. Your coaches need to be coaching, not sitting on a bucket.

Position coaches so they know what they are going to be coaching.

1st, 3rd, home plate, behind 2nd, cage etc.

(my preferred position is behind 2nd base so I can communicate with the whole team make quick corrections, explanations and keep everything moving)

5. NO “ONE MORE”!

Mentality has to be to execute in the moment.

6. Make sure you have enough players. Ex. if you need to call up JV players, practicing together or the whole program etc.

7. Common language vocabulary and explanation that applies to your program, coaches and players.

On the Field Hitting Organization (adaptable based on number of players, coaches etc.)

- 1. Whole program: Ideal would be one team hitting on field, one team fielding, one team running, one team in the cage on a rotation. Each group is focused on a specific responsibility (developing the compartmental player mentality).**
- 2. Varsity team only: make sure you have enough players and this is where you would want to bring up some JV players etc. Then it would be 3 groups dropping the cage work. Have tees out.**

We never hit without guys on base and situation changes for every round.

Situations for Each Round

1. Man on 1st, man on 1st and 2nd, bases loaded, 1st and 3rd, man on 3rd. You can change number of outs . Each team gets 6 outs, starting over after 3 game outs and the same starting situation.

a. Defense is focused on situational play and execution and COMMUNICATION!

b. Base runners are locked in on situational running and coach communication.

c. Hitters are understanding game swings and what they are trying to get accomplished based on base running situations. But most importantly focused on “best swings” given situations.

2. This applies when you start doing live scrimmages. Pitchers should not start every inning out of the wind up. Base runners should always be used.

Coach Responsibilities

1. 1st and 3rd base coaches should be coaching it like a game with baserunners to enable players to get use to your 3rd base coaching style and gestures and communication. They should **KNOW** what to expect from you.
 - a. You can tell the defense you are going to be aggressive with base running to force relays and good throws.
 - b. Take the time to explain hand gestures etc. and be consistent with them.
2. Coach behind 2nd base should be providing quick defensive situations cues and corrections. Keep flow and make sure coaching points are quick and understandable. You are able to hear communication from all stakeholders at this time.
 - a. **FORCE COMMUNICATION TO BE HAPPENING.**
 - b. Ask players if they know who is hitting and what their tendencies are to make defensive decisions.
3. Coach at home plate: You can have a hitting coach there to talk swings. Keep it simple remember your on-field objective.
 - a. This could also be your catching coach to discuss situations with catchers as they are getting their work in.