



Two-Strike Hitting Approach

When hitting with two strikes the hitter should have a different approach/game plan than with zero or one strike. More than anything the hitter should just try to make solid contact with the baseball. That doesn't mean extra base hits, including homeruns, can't happen. But it shouldn't be the goal.

Pete Rose has more base hits than any other major league player. Ty Cobb is second all-time. Yes, they both had some "questionable" off-field issues, but they both used a hitting approach that helped them get the total number of base hits they did:

The following are six characteristics of successful hitters with two strikes, also called 6-2's:

1. Choke up on the bat, 2"
2. Get closer to the plate, 2"
3. Extend the outside corner, 2"
4. Extend the height of the strike zone, 2"
5. Move closer to the pitcher, 2"
6. Crouch down, 2"

By choking up the hitter will reduce the levels and the amount of time it takes to get the bat head out in front of the plate.

By getting closer to the plate the hitter will have an easier time covering the outside corner and because he is choked up he'll have an easier time with the inside pitch. Moving up in the box, just like moving up in the box when bunting, will give the hitter a better chance to hit the baseball fair.

Many pitchers will attempt to strike hitters out with outside pitches with two strikes. Being closer to home plate will reduce the chance of pitchers throwing on the inside corner of home plate, as they will be afraid to hit the batter. Extending both the height and width of the strike zone slightly and swinging at borderline strikes will greatly reduce the chance of an umpire calling the hitter out without swinging the bat.

Pete Rose had 4,256 base hits and Ty Cobb had 4,191 base hits. They both had crouched down stances, even without two strikes. That is reason enough to crouch down slightly with two strikes.

Additionally, to be successful hitting the baseball with two strikes a hitter should lighten up on his swing, don't worry about pulling the baseball and instead, focus on hitting the baseball up the middle or to the opposite field.

This is also a good hitting approach/game plan when facing strong fastball pitchers. Rarely do you see hitters pull the baseball against Justin Verlander or Joe Nathan. It's more difficult to get the bat head that far out in front of the plate, so predetermine not even trying to pull the baseball.