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Consult Your Physician

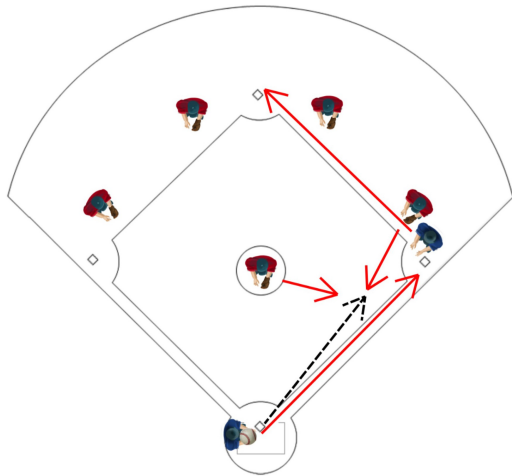
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Welcome to Situational Hitting. We're going to show you a number of situations that occur in baseball games and that will make your team able to score more runs.

This video will show you dozens of bunting situations, hitting situations, plays that will work against defensive alignments, and much more.

Execution – knowing when, where and why to use these situations – is important to every team's success. In order to win, you have to score. Situational hitting will allow you to do both.

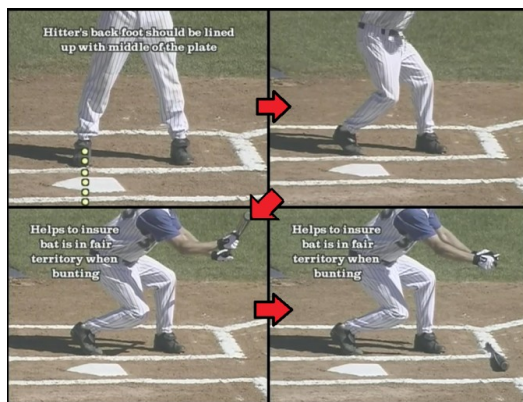


This is a sacrifice bunt situation. The obligation of the bunter is to bunt only strikes.

With a runner on first, he would preferably bunt the ball on the first base side of the diamond. The reason he would want to bunt the ball to the first base side is to try to make the pitcher and the first baseman have to make a decision as to who would field the ball. Let's take a look at how it works on the field.

The situation developing is a place where a team feels that one or possibly two runs could make the difference in the game. So therefore they are

giving up an out, or the possibility of an out, to advance a runner in to second base.

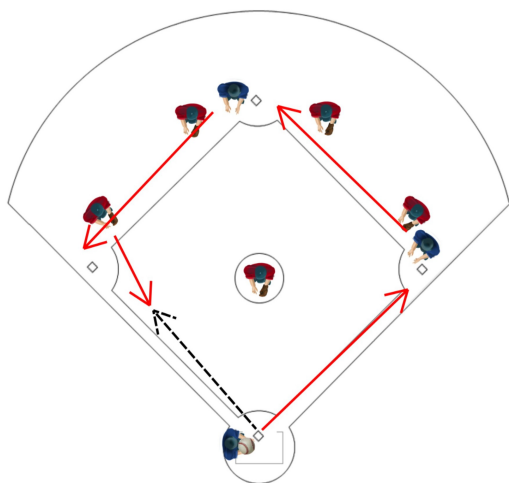


The obligation of the runner, he is to get a good lead, two shuffles into a secondary lead, make sure the ball is bunted on the ground. If the ball is bunted on the ground, he sprints for second.

The runner should peak into the hitter and keep his eyes on the ball to determine if the ball is on the ground, but also to determine where the play is going to be made. By peaking in, he's not slowing himself down, but he's on a dead sprint to second base. If he's sure the play is going to

come to second, he must slide in to the base.

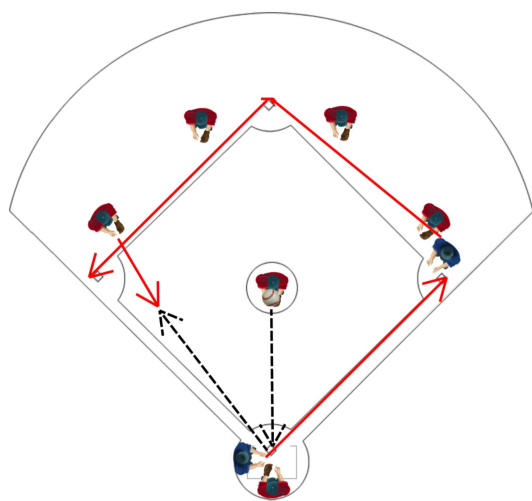
The bunter, after getting the ball down, must run to the outside of the baseline when he is 45 feet from the base. Especially if the ball has been bunted on the first base side. Running to the inside of the baseline could bring about an interference call if he is hit with a thrown ball towards first base.



A sacrifice bunt may also be used with runners on first and second. In this situation, the bunter is trying to bunt the ball towards the third baseman to make the third baseman make a decision as to whether he's going to cover the bag or come up and field the bunt.

In this situation, we have a bunt and run. The runner is on a straight steal of second base.

The bunter's obligation is to bunt only a strike and try to bunt the ball hard towards the third baseman, making the third baseman field the ball and have to get the runner at first.

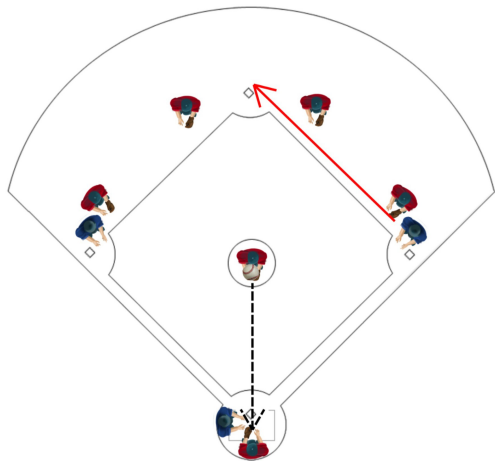


The runner that was initially on first, who is on the run now towards second, if he sees the third baseman comes in and fields the ball but there is no one moving to covering third, we'll continue on to third, thus giving us a runner on third with a possibility of also having a runner at first. Let's see what happens in this situation.

The hitter bunts strikes only. So this is a play that is more effective against a pitcher who throws a lot of strikes and especially fast balls early in the count. The bunter should grip the bat tightly to create a hard bunt that is fielded by the third baseman.

When the runner knows the ball is on the ground, he looks to third to see if the base is going to be covered. He must not slow down or break his stride. Therefore he must decide on going to third at least 15 feet before he gets to second base, so he can then dip out and run slightly to the outside of the baseline to make a good turn at second base.

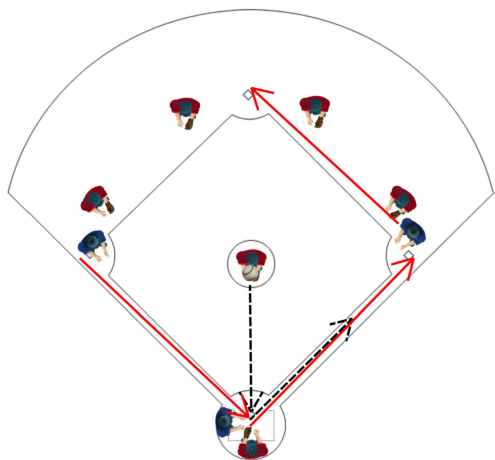
The runner, after touching second, wants to have as straight a line as possible going towards third. A wide turn at second will cause the runner to make more steps and valuable time being lost getting to third.



This situation, we have runners at first and third. With less than two outs, we would like to get the runner into scoring position from first base, so we run a fake bunt and run.

The hitter squares around like you would be in a normal sacrifice situation. As the pitch comes close to the plate, he pulls the bat back. The runner at first is on a straight steal to second base. The runner at third is holding unless the ball is thrown away, and then he would try to score. Let's take a look at how it works on the field.

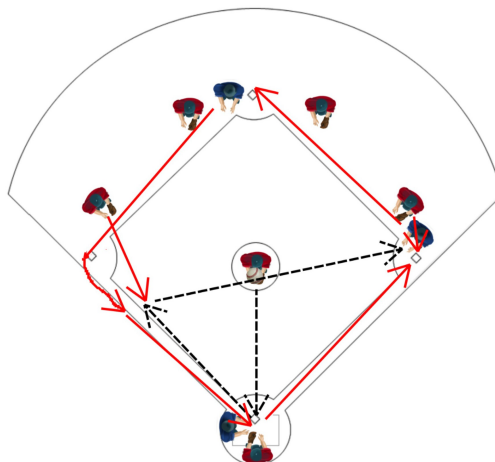
This is an exceptionally good play to run if the runner at first is a very important run and you want to get them in scoring position. It also keeps you, keeps the team out of the double-play situation.



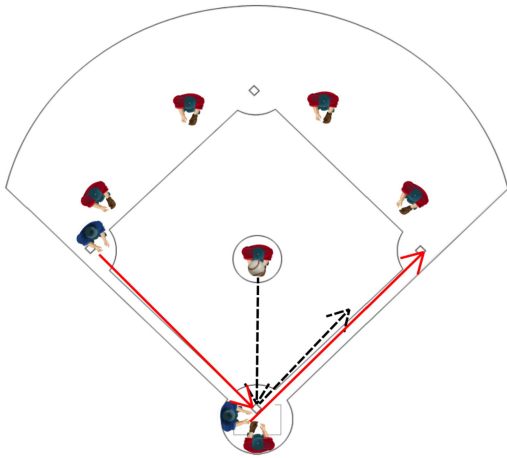
Safety squeeze is most often used with runners on first and third with no outs. If the team wants to score the runner from third and advance the runner from first to second, they could use a safety squeeze.

The bunter sacrifice bunts to the first base side. The runner on first reads the bunt. When the bunt is on the ground, he advances to second. The runner on third is going to advance to the plate if the ball is on the first base side.

If his bunt is to the third base side, he must go as far as the third baseman goes, read the third baseman. If the third baseman makes a throw to first, then the runner on third can score.



PART 2



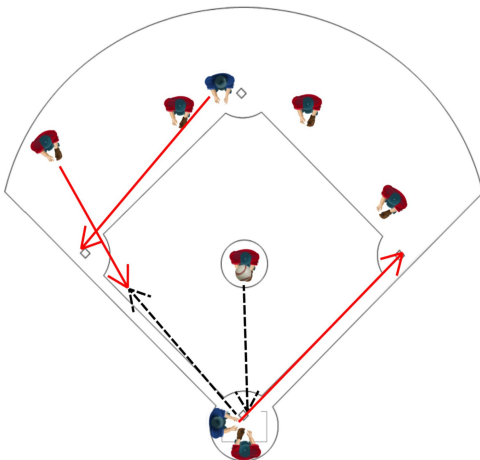
A suicide squeeze is used by a team that has a good bunter at the plate and a pitcher who has thrown a high percentage of strikes.

The runner is going to break as the pitcher's front foot touches the ground. If the ball is bunted safely on the ground, the runner scores easily.

Let's take a look at how it works on the field.

The batter is going to square as the pitcher reaches his point of release. Therefore the pitcher cannot change direction of the pitch.

The bunter must get the ball down and must bunt any pitch regardless of its location. He should not be concerned with trying to place the bunt, but merely bunt the ball in fair territory.

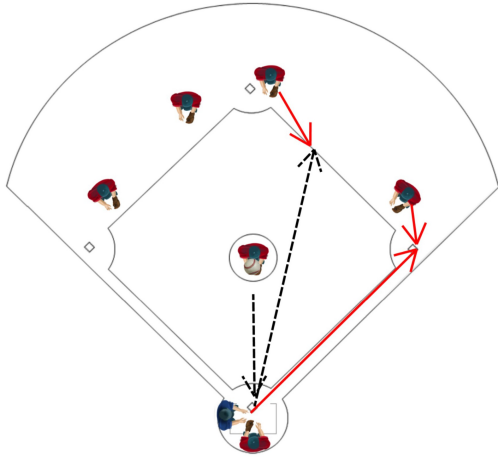


A drag bunt can be particularly effective when there is a runner on second, or first and second, and no outs. It is also an effective play when the third baseman is playing deep and you have a runner on third with two outs.

In this situation, the third baseman is playing deep. We have a hitter at the plate who is an excellent bunter. It is a situation that requires the bunter to be accurate in trying to get the ball down the line.

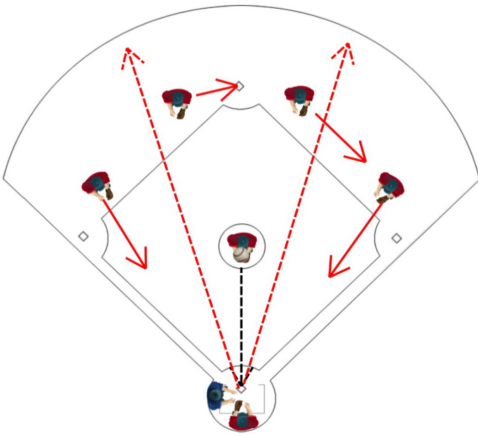
Let's take a look at how it works on the field.

The number of outs is really not important because of the fact that the third baseman is giving us a drag bunt situation. It's more of an element of surprise than anything else. Since the third baseman is playing deep, he's giving that opportunity to us. It doesn't always require that the bunter be an excellent base runner or be fast.



In this situation, we have a push bunt situation. Second baseman is covering up the middle and the bunter pushes the ball between the first and second basemen. It forces the pitcher and the first baseman to make a decision as to who's going to field the ball and who's going to cover the base.

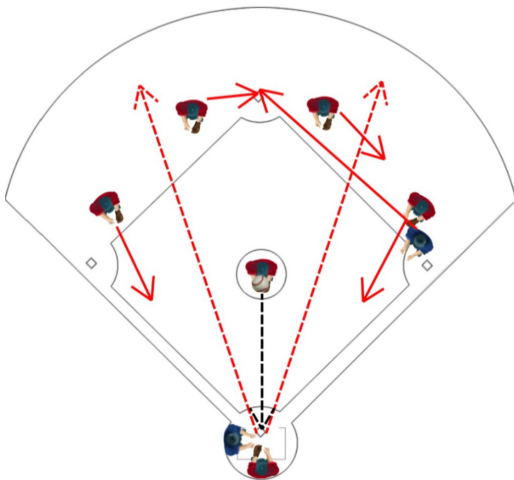
If the ball is bunted past the pitcher, it is not a foot race between the runner and the pitcher to first base. It's an excellent play when the second baseman is pulled up to the middle and you have a left-handed pitcher on the mound.



This is a slash situation. When the hitter shows bunt, it makes the infield start to move in order to cover the bunt, and the hitter would then try to hit a ground ball in a hole being vacated by an infielder.

We want to get the defense moving and then be able to show bunt, pull the bat back, and swing through, which is known as a slash. A lot of times, it will be a way to advance a runner without giving up an out.

Oftentimes he is going to be able to hit the ball either in the hole where the shortstop may vacate or in between the first and second basemen.



Slash and run. In this situation, with less than two outs, the batter squares, shows bunt. As the infielders begin to move, pulls the bat back, and gets a ground ball in the hole where the shortstop or second baseman has vacated.

Thus advancing the runner from first to third and arriving safely at first himself.

PART 3

Ideally on a hit-and-run, we're trying to move the runner from first base to third base with the hitter being safe at first.

The runner is treating it like a straight steal. Hitting a ball between first and second on the ground so that the runner can advance from first to third is what you would want.

Best counts for a hit-and-run are 1-0, 1-1, and 2-1. This play is used with no outs or one out. Forcing a hitter to swing with two outs is not a high percentage play. It is an advantage to move a runner to second base with two outs to put him in scoring position. But do it with some type of steal, not a hit-and-run.

Let's take a look at how it works on the field.

In this situation, there are less than two outs. The best situation for the hit-and-run, as far as the count on the hitter, is 1-0, 2-1, and 1-1 count. A count where the hitter is ahead is always favorable. The runner must take a peek into the hitter the whole time so if the ball's popped in the air that he knows whether it's going to be caught and he has to get back.

The hit-and-run can be used with any of the following six situations.

#1 : the pitcher throws a high percentage of strikes.

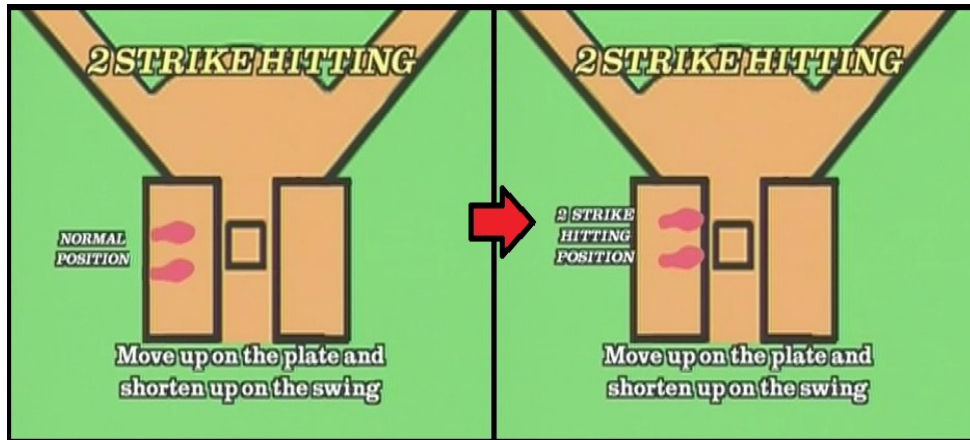
#2 : you want to get runners moving.

#3 : you want to put pressure on the defense.

#4 : you have the slow runner on base and/or at the plate and you want to stay out of a double play.

#5 : good contact hitter at the plate.

#6 : a shortstop and second baseman both vacate their positions to cover a steal.

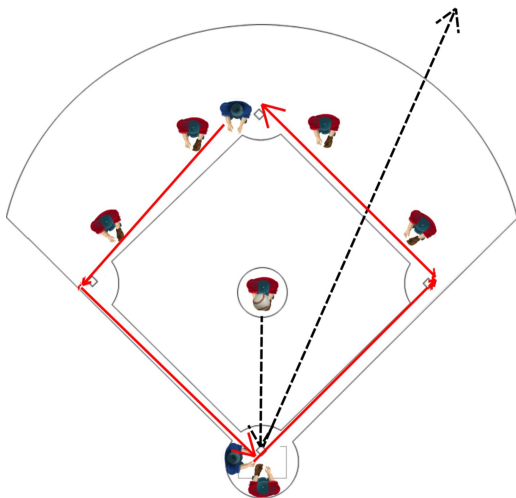


When a hitter comes to the plate with two strikes, he wants to move up on the plate, shorten up on the bat, and shorten up on the swing.

It's important that he puts the ball in play.



The hitter must protect the outer part of the plate because many pitchers look to that area with two strikes and the pitch down and away is the most difficult spot for most hitters to handle. Protecting that spot may also involve anticipating a breaking ball in the outer half of the plate.



And a runner on second and the one out. The hitter is looking for a pitch that he can drive to the right side to be able to either moving him in the scoring position or possibly scoring.

Let's take a look at how it works on the field.

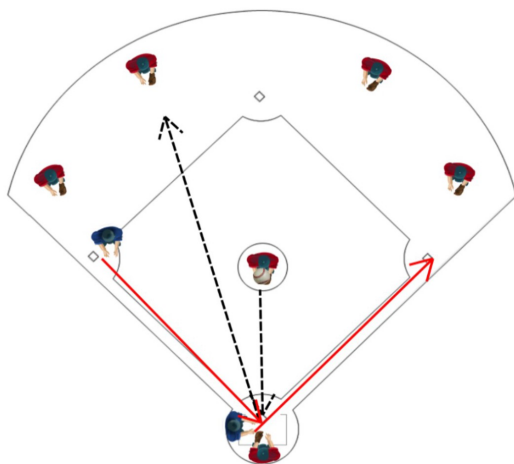
A very popular saying in baseball, you try to get runners on, get them over in the scoring position, and then get them in. The hitter is looking for a

pitch on the outside part of the plate that he could hit the ball to the right side. Thus moving the runner from second over to third.

Runner on third, less than two outs. Infield is up. We're looking to hit a fly ball to score this runner from third. Any time the infield is up, you want to try to hit the ball in the air to the outfield to score that run.

The hitter is looking for a pitch with the infield up that he can hit into the air and possibly score the runner from third.

PART 4

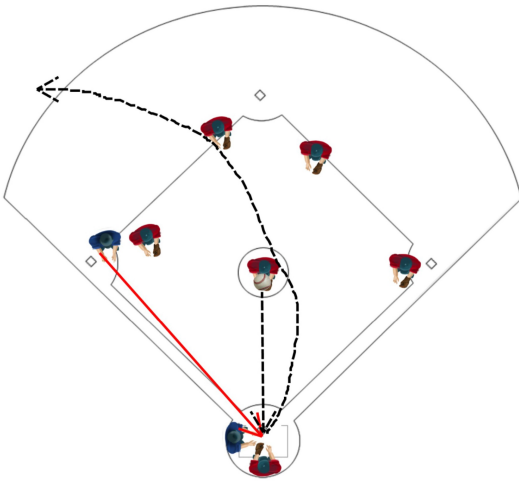


The situation is less than two outs with a runner at third. The infield is playing back. The ideal situation would be to hit the ball on the ground to be able to score the runner from third. With the infield playing back, they are giving us a run if we can hit the ball on the ground in this situation.

Less than two outs, runner at third, infield back. Hitter is looking to hit a ground ball into the infield, because the infield is actually giving us a run if we can hit the ball on the ground.

This situation, we have runners on second and third with less than two outs. This is a contact play. The runner on the contact play breaks for the plate immediately as the ball is on the ground. He does not become concerned with the direction of the ground ball. He must break upon contact.

The runner on second has to treat it as though there is not a runner at third. And ground ball's hit to the right side, hit in front of him where an infielder would have to move in front to field the ball, or a ground ball that would be through the infield, he would be advancing to third and possibly home on.



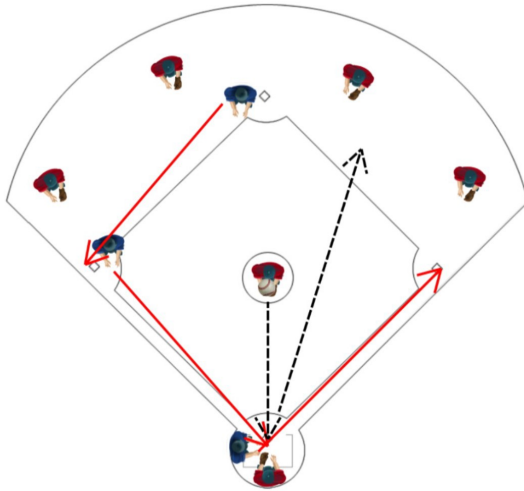
percentage play. It forces the defense to make the play at the plate on a runner that is moving and trying to score.

If it is hit hard to third or directly back to the pitcher, the runner trying to score will get into a rundown and stay in the rundown as long as possible to allow the runner from second to get to third and possibly the hitter to run to second.

Let's take a look at how it works on the field.

The runner on third is merely reading the ball right off the bat of the hitter. If it's on its downward plane, he is making a break for the plate immediately.

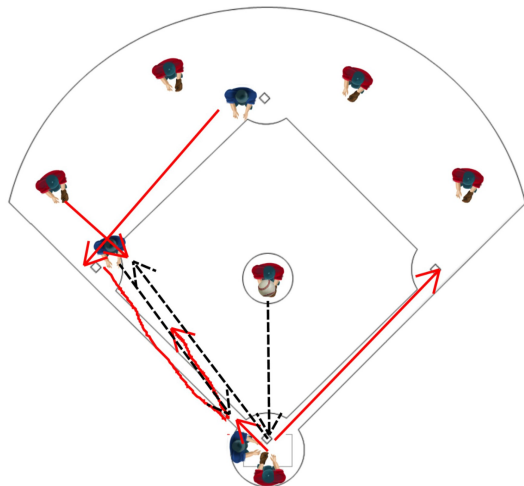
Even with the infield up closer, this is a high



If you'll notice the stance of this hitter in relationship to home plate, his back foot is lined up with the middle of home plate. That way, when he squares around and begins to go to the bunt position, his back will be in fair territory. As you can see, the bat would be in fair territory; that way, he can bunt the ball into fair territory much easier.

The first technique is to square around moving both feet at the same time, thus getting square to the pitcher.

The next movement could be a pivot move, which is the second technique, where the batter just pivots on his feet.



Coach needs to decide which technique he prefers. Some coaches will use both techniques. They will use a pivot technique in less crucial situations; and the square technique, especially in the late innings, when it is absolutely crucial to get that run across. They feel that this technique is much easier and more successful because the batter has totally squared his body to the pitcher.



The batter's grip on the bat will determine how hard the bunter will move the ball away from home plate. If he wants a very firm bunt, then he will grip the bat very firmly. If he wants a soft bunt, then he will have more of a loose grip on the bat. His hands do stay separated; bottom hand down by the knob, top hand up by the label on the bat. You'll notice as he grips it that his top hand and fingers are underneath the bat, thumb behind it. This way he protects his hand. As he bunts it on the barrel, it will not make contact with his hand.

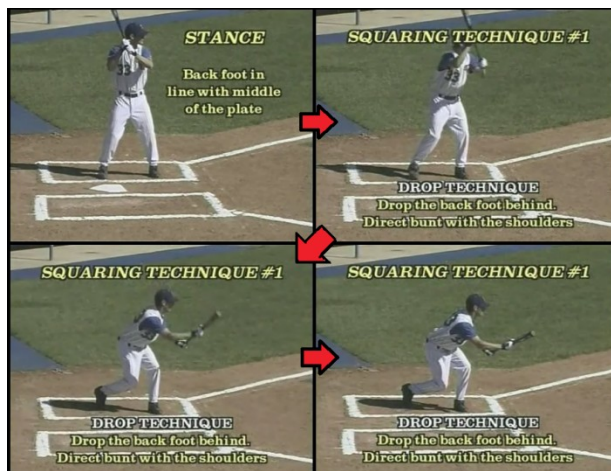
In order to place the ball, all the bunter has to do is to turn his shoulders in midline in the direction that he wants to go. If he wants to bunt to the first base side, he merely turns his shoulders in that direction with his midline. If he wants to go to the third base line then he would turn his shoulders in midline to the third base line.

The least bit of movement that we can have, the better that we're going to place the ball. When moving on pitches that are up and down in the strike zone, the bunter wants to move all in one piece. In other words, his body is going to stay on the same plane. As he moves up and down, everything moves in one piece.

The bat moves as he flexes down with his knees, and as he stands up further the bat comes up and moves the same. This way, we can keep our eyes level and we can keep our bat in the right position.

PART 5

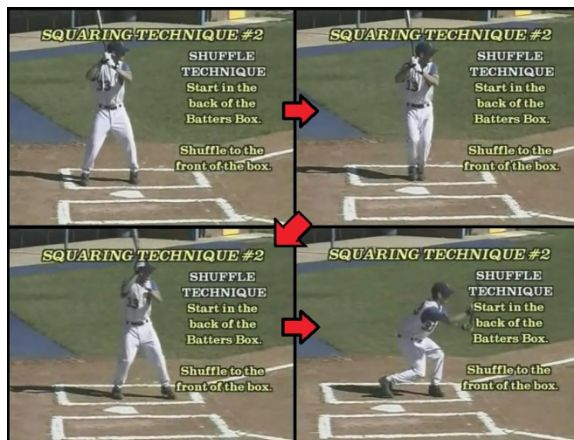
Drag bunt techniques also begins with movement of the feet. Back foot in line with the middle of the base once again so that when he squares, his bat will be in fair territory.



The first technique, the hitter will drop his back foot slightly behind him and get the bat out in front, shoulders in line with the direction that he's going, eyes over the top of the bat. The bat, again, the barrel at the top of his strike zone.

The grip on the bat will determine how hard he wants to bunt it. Whether he wants to bunt it firmly or softly. He may want a firmer bunt to get the ball past the pitcher with the third baseman back, or if the third baseman is playing up, he may

want a softer bunt, therefore he has a looser grip on the bat.



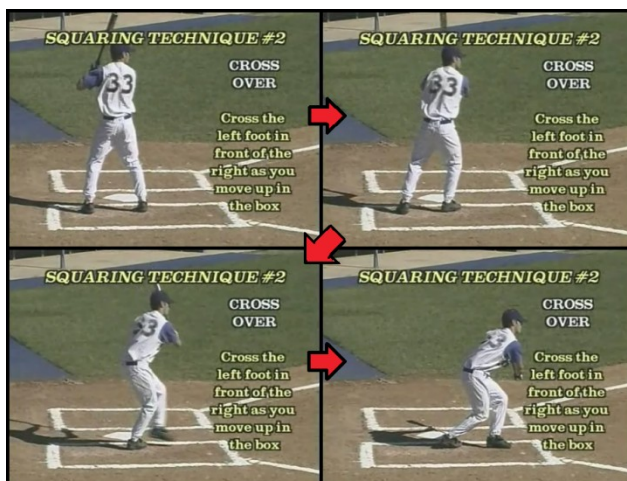
The second technique is a shuffle technique. The hitter in this case starts more towards the back of the box because he's going to come up and heel-click and shuffle his feet towards the pitcher's.

Some coaches like this technique because it gets the hitter's feet moving.

A drag bunt wants to be placed close to the line. Some coaches like the idea of either it's right on the line or it's out of play.

The drag bunt for the left-hand hitter involves three different techniques.

The first is merely a drop step where the hitter opens his front toe and gets in a position to be able to drag the ball down the third base line.



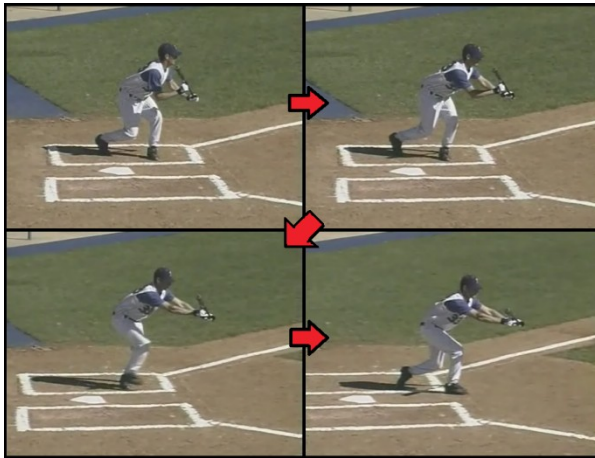
The second technique is a crossover technique. You'll notice the hitter starts further back in the box for this because he's actually going to cross over with his left foot in front of his right and drop the ball down. Many coaches like this technique because the hitter is actually starting to move, and getting his feet moving he can get a running start. It is a much more difficult technique than the first shown.

The third technique is the shuffle technique, which we showed with a right-hand hitter and also a left-hander could use that as well. Where he starts in the back of the box with this feet, shuffles, clicks his heels together, and lays it down.

Both the crossover and the shuffle, the hitter actually has feet moving before he's going to bunt the ball.

The push bunt is often used against a team where their second baseman is playing close to the second base bag, or against a left-hand pitcher, or maybe even a first baseman who's slow-moving.

The right-hand hitter will drop his right foot behind him, much like a drag technique.



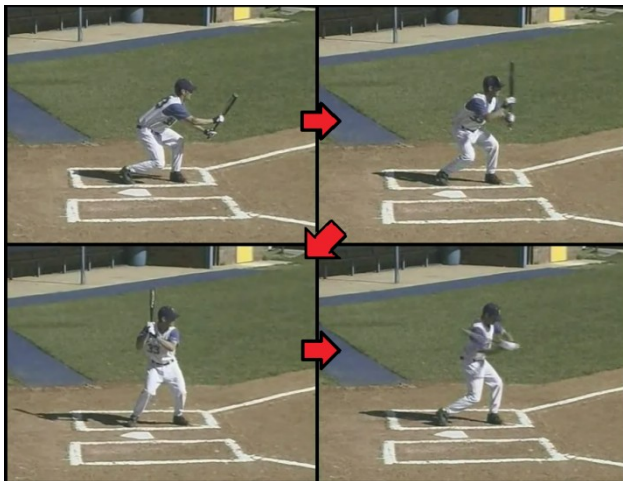
But he will have the bat in closer to his body. His elbows will be bent. He will have the bat up at the top of the strike zone with the barrel once again. And as the pitch arrives, he will actually push his bat forward, getting his arms straight and then stepping through after contact is made.

It is a technique that is being used with a firm grip because we want to bunt the ball hard past the pitcher, so that the pitcher, first baseman have to make a decision as to who is going to field the ball and who is

going to cover first base. If there is any hesitation on the part of the pitcher and the first baseman, then our runner has a very good chance of reaching first base.

The push bunt for the left-hander involves the hitter getting towards the back of the box actually crossing over, his left foot over his right getting into that position with his bent elbows and then pushing the ball out as he steps forward with his right foot. Again, you're trying to push the ball past the pitcher so that the first baseman and pitcher have to make a decision as to who's going to field the ball, who's going to cover first.

The left-hander can also push bunt to the shortstop hole. Which is, push the ball past the pitcher towards the short stop so the pitcher cannot move on a straight line to the ball and the shortstop will have to charge, or the third baseman, to make that play. It's a long run for a third baseman, it's a long run for a shortstop to get to that ball.



The slash is used in a sacrifice bunt situation when a team is using a very aggressive defense and their first baseman and third baseman are charging towards the plate. The bunter is using the pivot technique here. Once the bat is out in front and he shows good bunt, he's going to pull the bat back by moving his bottom hand up the bat to his top hand and bringing the bat to his shoulder.

The bunter will square around early in this case. He will actually square around when the pitcher first comes to the set

position, with his hands together. He has to have enough time to square and then to pull the bat back to get into a good slashing position.

The slasher is trying to hit the ball on the ground, either in the four hole or the six hole, as infielders are vacating. It is surprising how hard someone can hit a ball in a slashing position. You may even consider using this with weak hitters in your lineup because it shortens up their swing, it gets the defense moving, and it opens up a lot of holes.

Situational hitting involves the techniques that we've shown on this video. Coaches must be willing to spend adequate time on each of them to prepare their team properly. These situational hitting techniques have had proven results over decades of experience.