

Rhythm Adjustment for the Hitter

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I. Defining Rhythm Adjustment:

-the ability of the hitter to adjust to pitch variations in speed, spin and location in the strike zone

Premise:

“You must train the hitter to “trust their swing”.....How

1. You must include “takes” into training
 - Do you swing at every pitch in a game?
2. You must include varied reaction pressure in training
 - fast/off speed/change rhythms
3. You must include location and spin variation whenever possible
 - Do you face pitcher’s that throw the same speed right down the middle of the plate on every pitch?
4. You must challenge the hitter to let the pitch get deep in the strike zone

II. Rhythm Adjustment Training

1. Takes- What percent of pitches are taken in a game? 30% , 40% 50%?
 - 25% takes in training
 - What is a good take position?
 - Rate it 0-10
2. Drills to incorporate rhythm adjustment, takes, reaction pressure and trust
 - a. Stride to Check
 - b. Self-toss
 - c. Drop toss
 - d. Bounce drill
 - e. Front bounce
 - f. Quick/Flow/Take Tee
 - g. Front Toss
 - h. Short Live
 - i. Live-Hold for 3 secs
 - j. Hit-Take (pro toss)
 - k. Take-Hit (pro toss)
 - l. Step Behind Quick/flow/take
 - m. Pitching Machine take/hit
 - n. Up and Back Hitting (solid contact game)

3. Reaction Pressure

-What range of reaction pressure will your hitters have to be responsible for in games? Find out and build it into your practices. (Radar Gun)

Example 1: Front Toss

To simulate reaction pressure of a 65 mph pitch using front toss at @ 25 mph:

$$65 \text{ mph}/38 \text{ ft.} = 25 \text{ mph}/x$$

$$65x = 65 \times 25$$

$$65x = 950$$

$$x = 14.6 \text{ ft}$$

Your front toss distance at 25 mph would have to be released at @ 14 ½ ft.

Example 2: Short Live

To simulate reaction pressure of a 65 mph pitch using short live at @ 55 mph:

$$65 \text{ mph}/38 \text{ ft} = 55 \text{ mph}/x$$

$$65x = 38 \times 55$$

$$65x = 2090$$

$$x = 32.2 \text{ ft.}$$

Your short live distance at 55 mph would be at @ 32 ft

*One could radar your pitching machine and use the same procedure

4. Using the Pitching Machine to introduce movement

- a. Jugs Drop-shoot on bottom
- b. Jugs Rise-shoot on top
- c. Side by side machines
 - different spins/different speeds