

## 20 MINUTE LASERS HITTING PROGRAM



Practice Plan: Situational Hitting.  
Level: Advanced.  
Total Drills: 4.  
Time: 20 minutes.

Options: Front toss, over-hand front toss, cage/on-field BP, and intrasquad hitting.  
Purpose: Step 5 teaches you to harness your new-found skills, improving game-day hitting for the challenging pitch types, for example, "hard-up-and-inside," and "hard-down-and-away."

### ABOUT THE PITCHER

Rotation: Game one starter.  
Primary Pitch: Dominant Fastball.  
Secondary Pitch: Late-Breaking Slider.  
Control: Excellent.  
Tendencies: Hard-up-and-inside, and; hard-down-and-away.

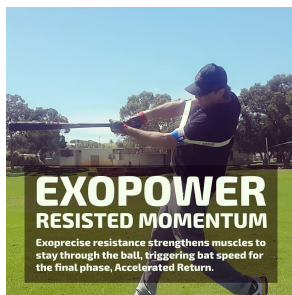


Drill Type: Laser Blast.  
Pitch Location: Hard-and-middle.  
Optional Set Up: Laser Reflex, Laser Pro.  
Multi-Swing Method: Reflex Mechanics.  
Mental: Hitting in the automatic/subconscious state of mind.  
Rounds: 1.  
Swings: 10-20.



### ROUND 1

### THE SITUATION



Batting Count: 0 balls, 0 strikes.  
Inning: 1st.  
RISP: Base-runner on second.  
Objective: Hitting a dominant fastball, around the middle of the plate; early in the batting count, resulting in a line drive to center-field; scoring the base-runner.

See Step 3, to learn more about batting practice for Reflex Mechanics.



Drill Type: Laser Whip.  
Pitch Location: Hard-down-and-away.  
Multi-Swing Method: Reflex Mechanics.  
Mental: Hitting in the automatic/subconscious state of mind.  
Rounds: 1.  
Swings: 10-20.

### ROUND 2

### THE SITUATION

Batting Count: 2 balls, 2 strikes.  
Inning: 4th.  
RISP: Base-runner on 2nd.  
Objective: Surviving with two strikes, hitting a late-breaking slider; producing, an opposite-field line drive, scoring the base-runner.

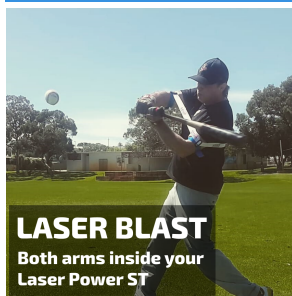


Drill Type: Laser Blast.  
Pitch Location: Hard-and-inside.  
Optional Set Up: Laser Reflex, Laser Pro.  
Multi-Swing Method: Reflex Mechanics.  
Mental: Hitting in the automatic/subconscious state of mind.  
Rounds: 1.  
Swings: 10-20.



### ROUND 3

### THE SITUATION



Batting Count: 1 ball, 2 strikes.  
Inning: 6th.  
RISP: Base-runner on 3rd.  
Objective: Surviving with two strikes, pulling the hard-up-and-inside fastball; hitting the ball deep enough to score the runner.

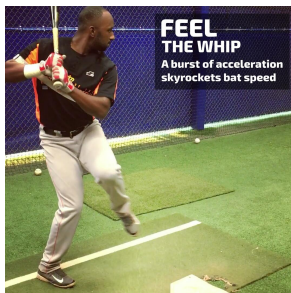


Drill Type: Laser Blast  
Optional: Laser Whip  
Pitch Location: Middle to in-front/hanging.  
Multi-Swing Method: Think Mechanics.  
Mental: Using the conscious mind to sequence your Think Mechanics, meanwhile, anticipating a mistake pitch.  
Rounds: 1.  
Swings: 10-20.

### ROUND 4

### THE SITUATION

Batting Count: 3 balls, 1 strike.  
Inning: 8th.  
RISP: Loaded bases.  
Objective: Due to a higher pitch count, the dominant pitcher is tiring; an excellent scenario for a power hitter, driving the ball out of the park.  
Visit Step 4, to learn more about batting practice for Think Mechanics.



Changing from Think Mechanics to Reflex Mechanics varies, from pitcher-to-pitcher/inning-to-inning. A simple question to ask yourself: "Is your bat speed fast enough to match the pitcher's fastball, using elongated Think Mechanics?" Factors may include:

Mechanics, bat speed, and the size of your movements, throughout the swing. Your athletic ability, including, body type, and the performance on your fast twitch muscles fibers.  
Release point recognition. Do you see the ball early or late, releasing from the pitcher's hand?  
Is the pitcher making mistakes early in the batting count? Specifically, are the secondary pitches weak? In this case, you have the option, waiting for a mistake pitch; using Think Mechanics.

[hitlasers.com/hitting-drills/hitting-program/step-5/](http://hitlasers.com/hitting-drills/hitting-program/step-5/)

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