***Two-Strike Hitting Approach***

There are 4 adjustments:

1. move up closer to the plate maybe three or four inches
2. open up the stance just a little
3. choke up on the bat just a tad
4. widen the stance the distance of a normal stride but do not stride.

It is possible to take a normal full load without a stride; it just takes some practice. This is particularly advantageous for players that are fast runners. Kids who can really run have to understand that it is critical for them to put the ball in play to take advantage of their speed. It reduces the number of things that can go wrong and shortens the swing. It allows the hitter to wait longer because it takes less time to execute. A swing is like an engine; the more parts it has the more likely something will go wrong. Keep the swing short and simple. Move up, open up, choke up and take no stride. Reducing the number of strike outs leads to more base runners, which leads to more runs scored, which leads to more wins.