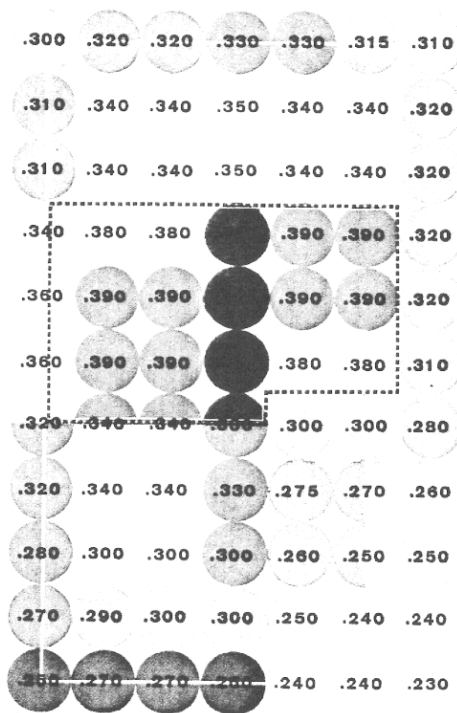


Tips for good hitting

- 1) Get a good ball to hit
- 2) Be prepared (proper thinking)
- 3) Be quick with the bat



The Science of Hitting by Ted Williams and Matt Underwood



My first rule of hitting was to get a good ball to hit. I learned down to percentage points where those good balls were. The box shows my particular preferences, from what I considered my "happy zone"—where I could hit .400 or better—to the low outside corner—where the most I could hope to bat was .230. Only when the situation demands it should a hitter go for the low-percentage pitch. Since some players are better high-ball hitters than low-ball hitters, or better outside than in; each batter should work out his own set of percentages. But more important, each should learn the strike zone, because once pitchers find a batter is going to swing at bad pitches he will get nothing else. The strike zone is approximately seven balls wide (allowing for pitches on the corners). When a batter starts swinging at pitches just two inches out of that zone (shaded area), he has increased the pitcher's target from approximately 4.2 square feet to about 5.8 square feet—an increase of 37 per cent. Allow a pitcher that much of an advantage and you will be a .250 hitter.