

2018 Cornerstone Elite  
Online Winter Clinic Packet



## The Lineup

- ✓ **Hitting in the Statcast era Part 1: What we can learn from the data**
- ✓ **Hitting in the Statcast era Part 2: How the data relates to amateur baseball**
- ✓ **Hitting in the Statcast era Part 3: How the data shapes our training**
- ✓ **My favorite drills, period.**
- ✓ **Developing a culture of winning**
- ✓ **Challenging your dogma**
- ✓ **Playing great team defense**
- ✓ **Measurement tools and how we use statistics**

## Hitting in the Statcast Era Part 1 - What we can learn from the data

- Why many hs stats are useless

- The stats we use...

- wOBA by Exit Velo

- Why exit velo is important

- Results at...

- 70 mph-

- 80 mph

- 95 mph

- 100mph

- Hang time

## Hitting in the Statcast Era Part 2 - How the data relates to amateur baseball

- Launch angle and wOBA
- 25 degree launch angle... good or bad for high school hitters?
- MLB vs High school assumptions
- Where high school fielders play?
- Where the hits live?
  - Through them
  - In front of them
  - Over them
  - Where they can't go
- Optimal launch angles for HS hitters at
  - Less than 80 mph
  - 80-85 mph
  - 85-95 mph
  - 100 mph +

## Hitting in the Statcast Era Part 3 - How the data should shape our training

- Training the individual
- Training launch angle off the tee
- Training launch angle in the cage
- Being intentional
- Major take-a-ways

## My favorite drills, period.

- Hitting tee drill - Inside/outside with hit take
- Hitting cage drill - 3 plate drill with Fastball and Curveball
- Individual infield - Pick your hop drill/game
- Team infield - Double play rotations
- Outfield drill - “W” cone communication drill
- Catcher drill - H-O-R-S-E
- Team defense - 21 outs

## Developing a culture of winning

- Leadership on your team
- Building a foundation
- Standards vs. Rules
- 1% better
- A culture of development
- Sweep the sheds
- Fighting entitlement
- Who carries your equipment?
- Slogans and mottos

## Challenging your dogma

- Pitching dogma

- Defensive dogma

- Hitting dogma

- Infield dogma

- Small ball dogma

## Playing great team defense

- Principles of bunt defense
- Creating a realistic 1st and 3rd defense
- Cutoffs and relays
- No doubles defense
- Fly ball and pop-up communication
- Pitcher's fielding practice
- Two throws or less on rundowns (sometimes just one!)



## Measurement tools and how we use statistics

- “Traditional stats” we find valuable
- WQAB% (weighted quality at bat %)
- Rocket Index
- Pitcher attack index
- Quality innings
- Tactical Checklist
- Catcher +/-
- Quality Strike Chart
- Hitter production chart
- Process scrimmage