

Team Ontario Astros Elite Baseball Club



Nine Quality At-Bat Results for Team Ontario Batters:

- 1. Hit**
- 2. Walk**
- 3. Hit by Pitch**
- 4. Sacrifice Fly**
- 5. Sacrifice Bunt**
- 6. Advance the Runner**
- 7. Hard Hit Ball**
- 8. Six-plus Pitch At-Bat**
- 9. Three Pitches after Two Strikes**

This is the Team Ontario Astros' hitting philosophy.

This is the approach Astros batters take to the plate to wear down their opponent. Do the small things right!

These are nine ways to put pressure on the opponent's defence.

Our team goal is to have 12 of these quality at-bat results per seven inning game! Backward K's do not help your team win.