



**DE LA SALLE HS**  
**BASEBALL**  
**Offense**

# **Culture/Building a Base**

- **It is a 4 year process**
- **Teach Winning**
- **Teach Leaders**
- **Help each other**
- **Give Back**

# 4 Year Process



# **Physical Testing(100each/1000)**

- **60 Yard Time(6.6)**
- **½ Mile Time(2:20)**
- **Pacer Test(125)**
- **Pull Ups(24)**
- **Plank(10:00)**
- **Broad Jump(9'6")**
- **Cleans(1@225)**
- **Squats(3@315)**
- **Turkish Get-ups(95 lbs)**
- **Baseball Throw(105 yds)**

# Teach Winning



# Winners in Multiple Sports



# Help Each Other



# **DLS Offensive Philosophy**

- **Changes with Yearly Strengths**
- **Be able to beat Big Pitchers**
- **Hit like a Big Guy and run like a Little Guy**

# Hitting

- **Simple**
- **Base/Balance**
- **On Time**
- **Hard Middle**
- **Recognize Spin**
- **Approach at the Plate**

# **Individual Plans**

- **Everyone is Different**
- **Build Trust**
- **Make them Accountable**
- **Meet Individually (Notes on Phone)**
- **Skill Sets**

# **BP Sequence**

- **Sac 1, Sac 3, Safety**
- **Push, Drag, Squeeze**
- **Slash and Run , Get Over, Get In**
- **Hit and Run, Get Over, Get In**
- **5 Oppo Line Drives with Runners**
- **5 Middle Line Drives with Runners**
- **5 Free Swings with Runners**

# Hitting Stats

- **On Base Percentage**
- **BB's+HBP's/K's**
- **Slugging Percentage**
- **Steals and Steal Percentage**

# Statistics

Year	AVE	OBP	RUNS	HR	BB	HBP	K	Slug	SB
2012	.328	.418	168	5	95	31	125	.427	73
2013	.327	.436	191	17	89	53	128	.490	57
2014	.308	.407	172	4	93	35	106	.411	64
2015	.314	.417	144	11	104	34	120	.455	51
2016	.340	.439	187	15	106	41	117	.479	64
2017	.307	.421	226	19	117	51	142	.457	63
2018	.361	.467	256	29	117	60	147	.562	60
2019	.352	.447	232	12	105	49	116	.467	64
2021	.344	.452	212	14	113	37	127	.506	66
2022	.329	.445	255	22	137	61	128	.485	58
2023	.331	.450	264	20	146	59	139	.501	80
2024	.340	.446	230	22	120	48	151	.510	59
2025	.336	.438	263	20	141	33	137	.511	102

# **On Base Percentage**

- **Know your Zone**
- **Recognize Spin**
- **Understand Umpires**
- **Dominate the Baseball**
- **Don't Chase your Weakness**
- **Get Information**

# Execution

- **Bunts-Sac, Drag, Push, Safety, Squeeze**
- **Hit and Run, Run and Hit, Slash, Slash and Run**
- **Hitting with IF in and Hitting with IF back**

# **Base Running**

- **Intent/Fight for 90**
- **Base Running List**
- **Everyone is a Threat**
- **Base Running/Hitters**
- **Leads/Secondaries**

# Roster

- **Roster Size**
- **Use the Re-Entry Rule**
- **Use Everyone**
- **Build for Next Year**

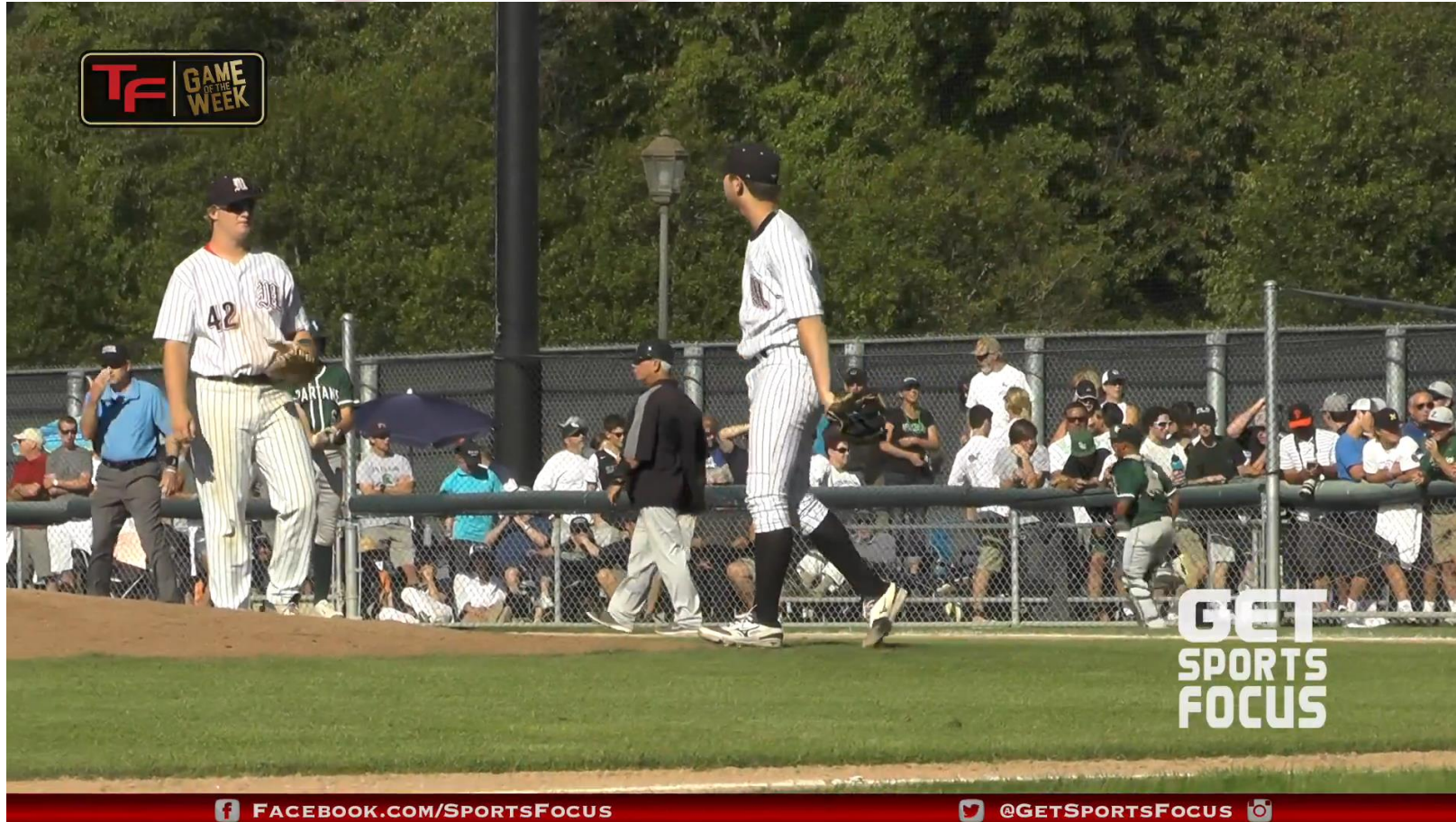
# Examples



# Technique



# Hustle



# Drag, Safety, Squeeze, Trust



# Coaches Dream



**Bad**



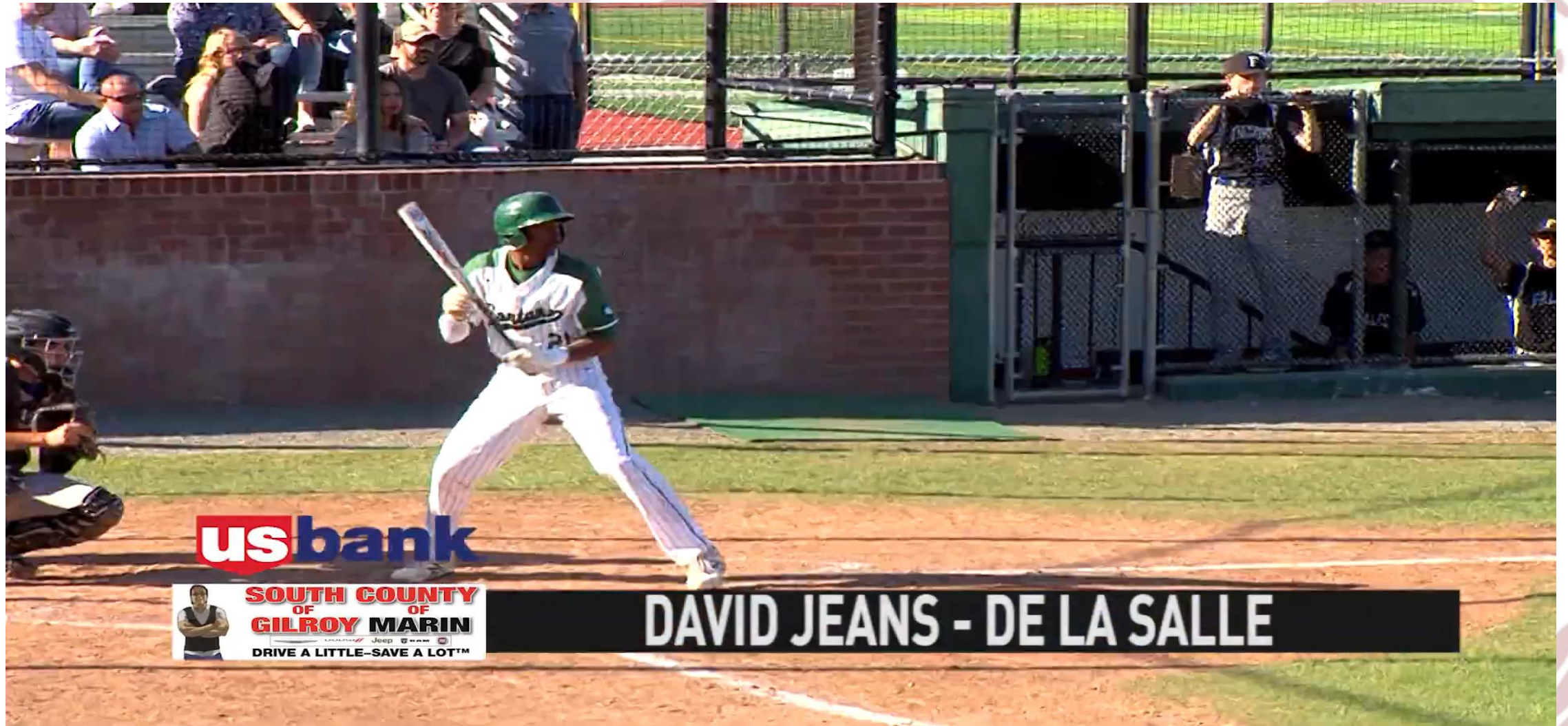
# Use Everyone



# Intent



# Execution



# Double Steal



# Opportunity



# **Tying Everything Together**

- **Toughness**
- **Personal Pride**
- **Team Oriented**