**The Best Hitters in the World Fail 70% of the Time – WRONG!**

How many times have you heard?

*"The game of baseball is a game of failure – even the best hitters fail 70% of the time."*

*Or*

*“Hitting a baseball is one of the hardest things to do in sports.”*

These two very popular statements are believed by many players, coaches, parents, industry gurus and even sports media. It’s sad to say that just those two very popular statements have been said by so many people over such a long period of time it is assumed to be true. Unfortunately, it has programmed a negative mindset – a Belief System or BS in millions of players over the years. Their mindset, their core belief, their foundation has been brainwashed in believing that baseball is a game of failure.

If you hit the ball and it’s a ground out or a fly out that’s not a failure – you did what you were supposed to do – put the ball in play. Here’s an example. You hit a screaming line drive and the third baseman happens to react quickly, dives to his left and makes an incredible catch. At the end of the day, it goes in the books as an out and against your batting average. Did you fail? No. You hit the ball. Making contact with a round ball (that’s curving or dropping with varying speeds) with a round bat and have about .5 to .7 seconds to do it in – CONGRATS! Never get upset for making contact - no matter what the outcome.

**The Truth – Hitting actually has a 75-82% SUCCESS rate!**

A strike out is the only potential “negative”. The average strike out percentage since 1980 for college and pro players ranges between 18-25% (source: fangraphs and NCAA)

Therefore, the average hitter actually only “fails” 18-25% of the time so that’s a success rate of 75-82%! Your primary purpose as a batter is to hit the ball. To make contact. Once you hit the ball you have no control over the fielders and if they can get to the ball or even field it correctly – it’s out of your hands. Again, plain and simple – your primary job as a batter is to make contact - put the ball in play. You can even have a positive strikeout if you have a good Quality-at-Bat (QAB). But players have been brainwashed to believe unless you get a base hit or of recent times a home run, you failed.

**Contact Rate** (*stats from: fangraphs.com*) Let’s look at contact rate (Contact%). Contact rate measures the overall percentage of the time that the batter is able to make contact with the ball when swinging the bat, regardless of where the ball is pitched or whether or not he reaches base.

• 2019 MLB - The top player contact rate was 91.1% and had a batting average

of .290.

• The top 100 MLB players had an average 81% contact rate with a batting

average of .275.

College and High school. Can’t find the stats – BUT the Jr. High School team I volunteer my time with this past school year (2019) had a contact rate of 84%. That’s not failure.

So now you see factually that hitting the ball actually has a high success rate – never forget that. There is too much emphasis that successful hitting is only measured by base hits and home runs. Say you go 0-3 in a game. You hit the ball every time hard but two were ground outs and one fly out. Most batters would be disappointed. You shouldn’t be – you hit the ball. You controlled what you could control and that’s YOU. Remember, once you hit the ball it’s out of your hands. Players need to train properly to increase contact rate and make it more productive. You do that by practicing hitting not swinging. Unfortunately, most trainings are swing training. We teach hitting.

I want to throw in one more stat to show you that there is more success than failure in baseball. Let’s look at one more important stat - fielding percentage.

For the 2019 season

* MLB - top 300 MLB players fielding % average - 98%
* College - top 200 players fielding % average - 95%
* High School DI – entire GWOC League (19 teams) Fielding % average - 93%

So, where is the failure in baseball? Now you see factually that players actually have a high success rate in baseball - never forget that. You just need to control what you can control…and that’s you. Stop listening to hype and look at facts.