

Quality At-Bat Chart

Ways to Achieve a Quality At-Bat:

1. Get a hit
2. Hit by pitch
3. Sacrifice fly
4. Sacrifice bunt
5. Reach base on error
6. Move runner to third with less than 2 outs
7. Score a runner from third
8. Suicide squeeze bunt
9. Walk
10. Have an 8 pitch or more at-bat

Team Goal: 17 Quality At-Bats per 9 inning game, 15 per 7 inning game