



Keep it Simple!

# Mental Aspect of Hitting

## 1. Relax

- Stance/Grip: comfortable/balanced  
**don't choke the bat**
- Focus on Ball: concentrate on release point  
Head completely turned to pitcher
- Breathe: deep breath prior to stance/ready

## 2. Concentration

- Simplify: reduce/eliminate complexities
- Focus on 1 thing - Ball:
  - Release Point
  - Fine Focus on ball
  - track ball through hitting zone
  - see the ball, hit the ball

## 3. Confidence

- "I'm hitting this pitch, I'm hitting this pitch!": encourage aggressive swings  
swinging - only a 'no' decision
- hitting the ball vs. just surviving the at bat: can't hit if you don't swing
- preparation builds confidence: happens at practice  
game: swing and have fun