

Legal Notices

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional. The author and publisher of this document and their employers make no warranty of any kind in regard to the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

Consult Your Physician

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

Mental Hitting - Game Time Cheat Sheet

Combating Pressure

Before the game, give the whole team positive feedback to boost confidence.

Remind players to “check in,” identify distress, practice deep breathing and use positive visualization techniques.

Quality At-Bats

Staying in control

Trusting your swing

Knowing your strengths & weaknesses

Knowing the strike zone

Proper practice and preparation

Use of the hitting routine

Ability to avoid distractions

Aggressive approach- HIT, HIT, HIT

Zero Strikes

Only swing at pitches in the most productive area.

Be patient!

One Strike

Only swing at pitches in your most productive area and in the area you are an average to above average hitter.

Two Strikes

Swing at pitches in the entire zone.

Follow the 3 UP's: Choke UP on the bat. Move UP on the plate. Shorten UP on the swing.

Before, During and After At-Bat

Observing Pitcher in the Bullpen

- Watch the pitcher warming up in the bullpen
- Focus on her release point
- Notice if there is a difference in the wind-up or delivery for different pitches
- Note which types of pitches she is throwing for strikes

Studying the Pitcher in Action

- Study the pitcher throughout the game and before at-bats
- Watch her mannerisms closely
- Watch for pitching patterns

In the Hole

- Get ready early so as not to feel rushed
- Stretch and prepare by using positive visualization
- Recall any pertinent information about the pitcher
- Check-in to access state of mind

On Deck

- Finalize your hitting plan
- Visualize a successful at-bat
- Take a few practice swings to determine the pitcher's timing
- Check your emotional level again and stay in control

Before the Box

- Get the sign from the coach
- Visualize a successful swing
- Complete all preparatory actions in the hitting routine

In the Box

- Relax with deep controlled breathing
- Right before pitch take a deep breath, release slowly and then suck in a little air right as the pitcher reaches the point of release

After Pitch

- Step out of the batter's box while checking-in mentally
- Get rid of any negative talk or feelings
- Make visual adjustments and use the hitting routine again to prepare for the next pitch

After At-Bat

- Mentally review last at-bat, focus on the positive aspects
- Recall all preparatory actions and their results
- What adjustments need to be made for next at-bat

Thanks for reading this report!

You can also check out my free coaching blog here: <http://www.softball-spot.com/>

Or follow me on Facebook! <https://www.facebook.com/SoftballPracticeDrills>