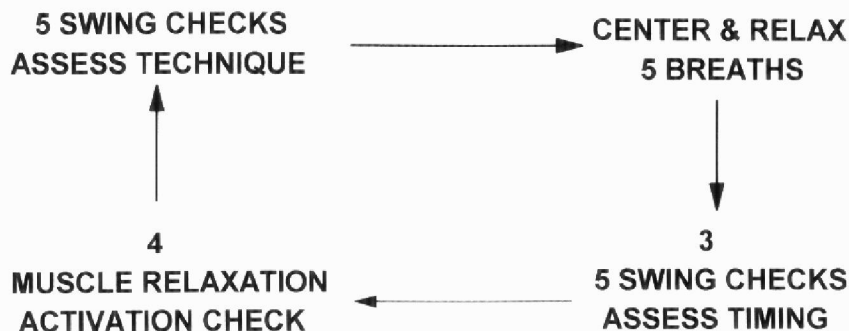


THE BATTING LOOP

A batting "loop" is a series of pre-planned activities that are completed in sequence to fill in time when the game is delayed. It is a type of ROUTINE that allows players to focus on what they can control, to keep things simple and to keep their head where your body is.

COACHES: Teach your players to use the loop mentally while sitting on the bench or in the field, or physically during a time at bat. When used in the on-deck circle it becomes their circle routine.

Here is one example of an effective loop. Try it out, then have players adapt it to their own preferences. Remember the purpose is to maintain focus while applying the **FOUR ESSENTIAL THINKING BASICS**.



NOTE: 'This is a sample only. Players can add any other activity they prefer that will help achieve the purpose, i.e. stay focused.

Use the SELF EVALUATION checklist to assess the technical swings.

Practise the Batting Loop regularly.

To be used whenever they feel a loss of intensity or focus, or during stopages in play. REMEMBER;

KEEP THINGS SIMPLE;

FOCUS ON WHAT YOU CAN CONTROL;

KEEP YOUR HEAD WHERE YOUR BODY IS;

HAVE A PLAN AND STICK TO IT!