

THE BATTING PLAN

“HITTING A ROUND BALL WITH A ROUND BAT

IS ONE OF THE MOST DIFFICULT SKILLS

IN ALL SPORTS “

Ted Williams

Batting is one of the most technically demanding skills in any sports arena. What other skill would be considered successful by failing 70% of the time?

FAILURE IS THE OPPORTUNITY

TO BEGIN AGAIN, MORE INTELLIGENTLY

Every at bat is an opportunity to evaluate your development as a hitter. Success is always temporary; enjoy it, then re-focus on the next at bat. This process will enable you to achieve your full hitting potential sooner.

Every batter requires a clear, precise plan of action - *prior* to each at bat. This starts with a thorough understanding of which pitches you hit well and which ones you don't!

If you fail the first time at bat, you are not finished for the day! How you react to that failure will determine your level of success in your remaining plate appearances.

WHAT HAPPENS TO YOU IS NOT NEARLY AS IMPORTANT

AS HOW YOU REACT TO WHAT HAPPENS TO YOU!!

Following every at bat, review your performance by answering these questions:

- * What pitches did I see?
- * What was the first pitch?
- * What was the pitch sequence?
- * What locations did the pitcher use?
- * What was the location of the pitch I hit?
- * Where were the pitches I missed?
- * How was my timing?
- * What adjustments will the pitcher make for my next at bat?
- * What pitch sequence can I expect next time?

CHANCE FAVOURS THE PREPARED MIND Louis Pasteur