

THE FOUR BATTING ROUTINES

Every batter should have four routines they can count on to minimize distraction; one for each of the four batting stations. These have to be learned at batting practices and during low impact games to perfect them. Here are some examples.

1. **On the Bench**

- a) Study the defence for weaknesses.
- b) Mentally rehearse the batting routines.
- c) Study the pitcher's release on every pitch. Look for weaknesses and telegraphs.
- d) Visualize hitting each pitch the way you want.

2. **The On-Deck Circle**

- a) Analyze the situation and set the plan.
- b) Get loose and relaxed.
- c) Self-talk - reminders about mechanics.
- d) Center for emotional control; set appropriate tension level. Tune-up swings against pitches.

3. **The Batter's Box (*TAKE CHARGE OF THE AT BAT*)**

- a) Step in with confidence - center if necessary.
- b) Go to "Automatic system" - trigger word.
- c) Allow the eyes to take control.
- d) Soft center, exhale, hard center, swing.
- d) "Let it flow".

4. **After Each Pitch**

Take charge of the at bat. If you don't the pitcher will. If something wasn't right, or you were dissatisfied about anything, get out of the box and...

- a) Center. Get the "garbage" (whatever made you unhappy) out of the mind. Visualize the adjustment you want to make.
- b) Tune up swings - perfect execution.
- c) Start over again; visualize the next pitch expected; see yourself hitting it. Relax.
- d) Tune up swings.
- e) Step back in and repeat #3.

"SEE THE BALL - HIT THE BALL - Pete Rose

HITTING ROUTINE

ON THE BENCH

ON DECK CIRCLE

Mental skill

Mental skill

STEPPING INTO THE BATTER'S BOX

BEFORE EACH PITCH

Mental skill

Mental skill

AFTER EACH PITCH

CHANGES TO MAKE

Mental skill

NOTE: The last category, "Changes" is reserved for ideas you would like to try out, or adjustments you want to make.

HITTING ROUTINE - SAMPLE**ON THE BENCH**

Study pitcher - watch release
Plan hitting strategy

Mental skill

Relax & visualize lastat bat
Self Talk - reminders

ON DECK CIRCLE

Take practice swings
Watch coach for possible signal
Study pitcher patterns

Mental skill

Relax & visualize hitting pitches
Center and Broad External Focus
Self talk - cues for swing

STEPPING INTO THE BATTER'S BOX

Get comfortable
Plant feet and take practice swings
Deep breathing

Mental skill

Rlax shoulders & arms

BEFORE EACH PITCH

Soft Center
Exhale to 3/4 empty lungs
Fine Center with pitch
Switch on "automatic" swing

Mental skill

Narrow External Focus

AFTER EACH PITCH

Step out if runners on base
Check with coach for signal
Review last pitch

Mental skill

Visualize last swing - correct
Visualize hitting next pitch
Center & re-focus

CHANGES TO MAKE

Physical actions (routine)
or type of Practice Swings
Self-talk - cues for perfect swing

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