

HITTER'S CHECKLIST

Use this checklist to search for clues about the cause of your slump. The items listed represent the things a hitter should be doing every time at bat. If you are in a slump, you may not be doing one or more of these, or you may not be doing enough of some things. The list can also be used as a handy preventive guide.

Code: (✓) = what you are doing O.K.

(X) = what you are not doing.

Pre-Game

Proper warm-up & stretch	_____	50 Technical swings	_____
Visualize a perfect swing	_____	Positive mental set	_____

On the Bench

Identify defensive weaknesses	_____	Assess pitcher strengths	_____
Note pitcher's release point	_____	Read pitching patterns	_____
Visualize your swing	_____	Visualize timing pitch	_____
Review your batting routine	_____		

On Deck

Relax - Control breathing	_____	Read pitcher motion	_____
Practice timing pitchers rhythm	_____	Note best pitch	_____
Review game situation	_____	Anticipate signal	_____
Note umpire strike zone	_____	Center	_____
Observe defensive positioning	_____	Use positive self talk	_____
Visualize making solid contact	_____		

At Bat

Check for signals from coach	_____	Batting routine	_____
Step into box, relax - center	_____	Think <u>CONTACT</u>	_____
Soft center on pitcher	_____	Fine center on release	_____
Pick up the pitch on release	_____	Read ball rotation	_____
Track the ball to bat	_____	Execute perfect swing	_____
Step to swing every pitch	_____	Adjust swing to count	_____

After Each Pitch

Step out of box	_____	Review pitch/swing	_____
Relax - breath deeply	_____	Center	_____
Visualize desired corrections	_____	Review mechanics	_____
Re-focus for next pitch	_____	Adjust timing	_____