

POWER HITTING - SUCCESS KEYS

Effective power hitting requires a high level of skill, developed through knowledge of the swing elements, many repetitions of the process and the proper mental set. In fact, outstanding hitters agree that psychological approach and emotional control are at least as important as the physical mechanics of hitting. To be successful, all hitters must master these power hitting keys:

1. UNDERSTAND AND EXECUTE THE MECHANICS OF A POWER SWING.
2. GENERATE MAXIMUM BAT SPEED FOR SIZE AND STRENGTH.
3. ADJUST THE SWING AS REQUIRED TO HIT WITH AUTHORITY IN ALL PARTS OF THE STRIKE ZONE.
4. DEVELOP AND IMPLEMENT A BATTING PLAN TO MEET THE NEEDS OF ANY GAME SITUATION.
5. DEVELOP AND APPLY A PERSONAL BATTING ROUTINE WHICH INCLUDES BOTH PHYSICAL AND MENTAL COMPONENTS.
6. DEVELOP AND IMPLEMENT A GAME FOCUS PLAN TO MAINTAIN TOTAL FOCUS THROUGHOUT A COMPETITION.
7. UNDERSTAND THE COMPONENTS OF THEIR PERSONAL I.P.S. PROFILE, AND USE THOSE TO ACHIEVE AND MAINTAIN THEIR I.P.S. THROUGH EVERY MAJOR COMPETITION.
8. EVALUATE AND RATE EVERY SWING USING A PERSONAL ASSESSMENT CHECKLIST.

***SUPER ATHLETES DREAM,
MAKE PLANS, SET GOALS
AND AFFIRM THEIR OWN SUCCESS***

9. IDENTIFY AND CORRECT COMMON BATTING FAULTS.
10. MAINTAIN PEAK BATTING FORM THROUGH A DAILY 100 TECHNICAL SWING PROGRAM.
11. MAINTAIN STRENGTH AND POWER THROUGH A PROVEN HITTING POWER PROGRAM.
12. ACHIEVE A PHYSIOLOGICAL "PEAK" FOR ALL MAJOR COMPETITIONS.