

SELF ASSESSMENT

This is a useful procedure to teach hitter to stay focused and on target with their hitting plan. Once it is memorized and becomes automatic, the process will only take a few seconds. Players should be taught to use this checklist to assess the results of every pitch and at bat.

Rate your performance on a scale of 1 to 8 in each of the following categories.

	NOT SO HOT	RIGHT ON
EYE PATTERNS		
How well did you see the ball?	1 2 3 4 5 6 7 8	
TIMING		
Was your swing perfectly timed?	1 2 3 4 5 6 7 8	
HITTING ATTITUDE		
How confident and aggressive were you?	1 2 3 4 5 6 7 8	
ROUTINE		
Were you in control throughout?	1 2 3 4 5 6 7 8	
SWING TECHNIQUE		
What kind of a swing did you have?	1 2 3 4 5 6 7 8	

EVALUATION PROCEDURE

1. Start by evaluating each at bat against these criteria. As you become more comfortable with the process, evaluate every pitch.
2. After the at bat or pitch, assign a number that represents your assessment of each category.
3. Identify any specific problem area, such as not being ready, hard centering too early, not getting the hips around, etc.
4. State an affirmation to correct the problem (self talk).
5. Visualize a perfect swing with the problem corrected.
6. If appropriate, execute that same perfect swing at least twice.

MAKE THIS PROCEDURE PART OF THE BATTING ROUTINE