

THOUGHT PATTERNS FOR AN "AT-BAT"

The hitter's thought sequences may vary slightly, but a consistent pattern should be established. Keep in mind that hitting is an external function; thinking is an internal function. You can't think and hit at the same time.

1. Study the situation on the field.
2. Look for signs.
3. Analyze situation, develop a plan.
4. Visualize what is to be done.
5. Step into the batter's box and get comfortable.
6. Monitor breathing and tension levels.
7. Turn control over to "automatic guidance system".
(eyes)

OUTLINE FOR AN AT-BAT

1. Initial Preparation
 - a) Discipline your batting practice routines.
 - b) Know your opposition if possible.
 - c) Study the pitcher's release and every pitch.
 - d) Visualize hitting each new pitch the way you want.
2. In the On-Deck Circle
 - a) Analyze the situation and set your plan.
 - b) Get loose and relaxed.
 - c) Self-coach yourself with reminders about mechanics.
 - d) Get emotions under control; set appropriate tension level.
3. In the Batter's Box
 - a) Relax, control breathing then forget about it.
 - b) Put yourself on "Automatic system", using trigger word.
 - c) Allow the eyes to take control.
 - d) "Let it flow".
4. After Each Pitch

If something wasn't right, or you were dissatisfied about anything, get out of the box and...

 - a) Get the "garbage" (whatever made you unhappy) out of your mind.
 - b) Visualize the adjustment you want to make.
 - c) Start over again; visualize what you're going to get and how you're going to hit it. Relax.

"SEE THE BALL - HIT THE BALL - Pete Rose