



You remember 20% what you hear, 50% what you see, 70% what you feel

Pitch Recognition

- You can't survive swinging at bad pitches or taking good pitches
- Slot, Speed, Stuff
- When you stare, you don't see as well – creates tension
- Keep eyes in motion (soft focus), track to the release point
- If you can't see the ball, don't worry about anything else
- "He didn't beat me, I chased."

Rhythm & Timing

- Hitters who make early decisions can't hit
- Rhythm and consistency of load allows for hitter to be in control
- Timing is more about when you start then when you finish (hand break, release)
- Poor timing = more effort and less efficiency
- Slow feet & fast hands vs. Fast feet & slow hands
- Most swing and misses occur out front (posture, pitch recognition, rushed/late)

Being at 100% is overrated – how good is your B game/C game?

- Take 100% of what you have that day and go compete

If you want to be tough on game day, you must be tough in practice!

