

Checklist for Batting Prior to getting up to bat

Mental Checklist;

- How is the pitcher throwing today? (High, low, fast, slow)
- What is the umpire's strike zone like? (High, low, inside, outside)
- How is the ground in the batter's box? (Make sure you are comfortable)
- What is the current game situation? (Where are runners, what's the score)
- What is my minimum job? (Advance the runner, score, sacrifice)
- Where are the fielders standing? (Is anyone out of position)

When you get up to bat

Physical Checklist;

- Where are my toes? (Open, closed or even stance)
- Where are my knees? (They should have slight bend. BOUNCE)
- Where are my elbows (Creating an upside down V)
- Where is my bat? (Should be pointing about 45 degree angle)
- Where are my eyes? (Chin to shoulder)
- What am I thinking? (Don't think. All decisions should have been made)

TIPS;

- Take a deep breath before stepping into the batters box and exhale hard
- Clear your mind
- I can hit this pitcher! **I can, and I WILL!!!!**
- Keep your hands loose.
- Do not be oxygen deprived. Breathe!
- Try not to squint. Open your eyes!
- Get comfortable in the batter's box.
- Do not grit your teeth. Relax your face.
- Keep your mouth slightly open and you will not blink as much.
- Focus on the ball leaving the pitcher's hand (not the pitcher's motion).
- Clear your mind and usually good things will happen.
- Between pitches, visualize success.
- Tell yourself that you will win this battle.

Nervous? Squeeze and release the bat when "on deck". This will increase blood to hands and you will not be as shaky.