

# A BATTER'S CHECKLIST



## PRIOR TO GETTING UP TO BAT - YOUR 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 - YOUR 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? (*Back straight, forearm level*)
- Where is my bat? (*Should be pointing toward backstop*)
- Where are my eyes? (*Chin to shoulder*)
- What am I thinking? (*Don't think. All decisions should have been made.*)

## GENERAL 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.
- Keep your mouth slightly open and you will not blink as much.
- Do not grit your teeth. *Relax your face.*
- Clear your mind and usually good things will happen.
- Focus on the ball leaving the pitcher's hand - *not the pitcher's motion.*
- 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.*

