

Basics of Batting

Lesson 1



1: See the Ball

Sounds pretty basic but this is the biggest issue most people have. Do you have games where the ball looks like it is the size of a basketball and then the next game you just cant see it?

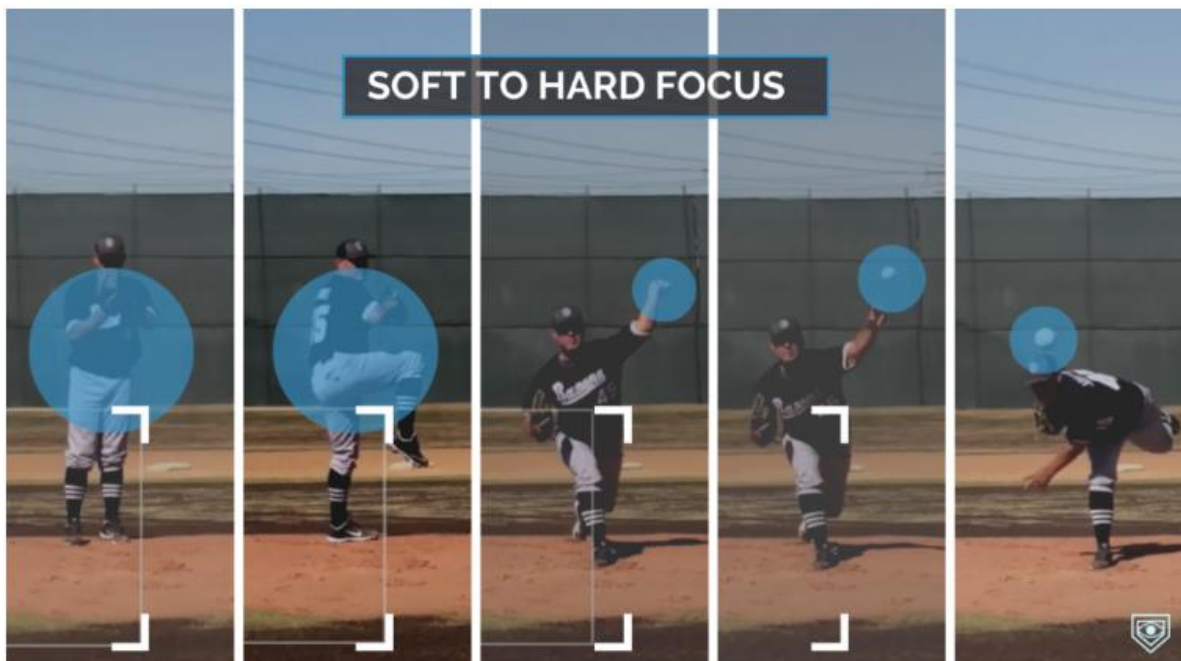
This comes down to seeing the ball / picking the ball up early from the pitchers hand.

In order to do this we need to practice SOFT & HARD Focus, the image below illustrates this skill (it is a skill and therefore something everyone can learn, like all skills it needs to be practiced).

To break it down:

When the pitcher is getting his signal and coming to a set position, you are focusing on him, what is he doing, watching his movements = SOFT FOCUS (big blue circle).

When he starts his pitching movement, your focus needs to zoom in (HARD FOCUS) on his hand, looking for the ball, when his hand and ball go behind his back your focus should move to the pitchers "window"(little blue circle), this is where the ball will appear and be released from (this changes from pitcher to pitcher), keep your HARD FOCUS on the ball all the way to the bat or catchers glove.



Basics of Batting



How to Practice Soft & Hard Focus

At Baseball Practice:

- 1) While doing throwing warm ups, look for your partners release “window” and practice picking the ball up and HARD Focusing on the ball all the way to your glove
- 2) During batting practice – SOFT & HARD FOCUS, but also watch the ball onto the bat – **don’t worry where it goes when you hit it, it is practice!**
KEEP YOUR HEAD DOWN

During the normal day:

- 1) When you have a couple of minutes spare, SOFT FOCUS on a general area about the same distance as the pitcher would be, then HARD FOCUS to a specific spot in that area

What this will help with:

- 1) Picking up the ball early
- 2) Better pitch selection
- 3) Better timing (that is the next point to discuss)
- 4) Keeping the head down – this is the **BIGGEST** problem collectively, we see the pitch and as the swing starts the head goes up ready to see the huge home run we are about to hit – NOT!

YOU CAN’T HIT WHAT YOU CAN’T SEE

**Remember:
Every pitch is a YES until it is a NO!**