

# A Hitter's Mentality: *Establish Yourself as* *the Aggressor...Always*

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## **1. Ready to hit from pitch # 1**

- a. Starts in the on-deck circle
  - i. Load timing
  - ii. Visualization
  - iii. An at-bat before the at-bat
    1. Max effort swings as pitches to previous hitter enter the strike zone

## **2. Anticipate a strike every pitch**

- a. Hitters should trust they will not chase balls out of zone
- b. Understand the pitcher **has to** throw strikes
  - i. Batting Practice mentality
    1. Swing mode
    2. Knowing you are getting a pitch to hit
    3. Having fun!

## **3. Be OFFENSIVE throughout the at-bat**

- a. Lack of aggression leads to defensive hitting
  - i. Slower bat-speed
  - ii. Taking good pitches to hit
  - iii. Anxiety when behind in the count
- b. **Offensive mentality**

- i. Every count is a hitter's count
- ii. Actually leads to more walks
  - 1. Pitchers sense the aggression and try to nibble around the plate, or be too perfect with their location
    - a. More base runners = more opportunities to score runs
- iii. Equates to more timely hits with runners in scoring position
  - 1. Hitters are ready to hit early in the count as pitchers try to get ahead with "strike 1" to avoid walking in runs

#### **4. Always Instill Confidence and Encourage Your Players**

- a. Help them learn their strengths and improve their weaknesses
  - i. Understand that not all hitters are the same
- b. Try not to make hitting more difficult than it is
  - i. Don't take the bat out of their hands
    - 1. Limit telling them to take pitches
    - 2. Getting behind in the count gives the pitcher and the defense an advantage
  - ii. Error on the side of aggression
  - iii. Constantly emphasize the importance of putting pressure on the defense