



## **COMBINING PHYSICAL & MENTAL PRACTICE FOR HITTERS - JOHN TSCHIDA**

**Skills practiced vs skills needed to compete**

**Mechanics**

**All-American Tee Ball Player**

**Intensity**

**Arousal Control – Rage in the cage!**

**Concentration/ Focus and four quads**

**Contact/ vision/**

**Data Base & Swing Efficiency...where will it be?**

**Having a plan – selection**

**Quality At Bats – Game Plan & Discipline**

**Accountability**

**Declaration**

**Hunting**

**Not Everything is in-season to hunt**

**Destination**

**Launch Angle?**

**Intent dictates approach**

**Competing & Courage**

**Freak – Gotta be different!**

**Timing – what is it?**

**It is a game of failure?**