

## Hitting All Parts of the Zone

### WHY?

1. Consistent hitter
2. Adjust quicker

### HOW?

*-Be consistent with your language-*

#### 1. Balance

- ATHLETIC POSITION
- RHYTHM: feel it back and forth
- SEPARATION: Feel bottom and top half are separate

#### 2. Hand Position

- Hands by the back shoulder
- Relaxed shoulders
- Relaxed elbows
- Knuckles in good position
- Pinched Scap

#### 3. Bat Path

- Barrel to the ball
- Get barrel on plane early

#### 4. Visual

- Soft eyes
- Where to look
- Pitch Recognition



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## DRILLS

	<b>Tee Work</b>	<b>Front Toss</b>	<b>Key Words</b>
<b>Down the Middle</b>	<ul style="list-style-type: none"> <li>• 1,2,3 Drill</li> <li>• Open Stance</li> <li>• Wide stance/hips first</li> <li>• One arms</li> </ul>	<ul style="list-style-type: none"> <li>• 1,2,3 Drill</li> <li>• Open Stance</li> <li>• Wide stance/hips first</li> <li>• One arms</li> </ul>	
<b>Inside Pitch</b>	<ul style="list-style-type: none"> <li>• Long Tee/On the field (targets)</li> <li>• Angle Body</li> </ul>	<ul style="list-style-type: none"> <li>• Angle Body</li> <li>• Angle Toss</li> <li>• Targets</li> </ul>	
<b>Outside Pitch</b>	<ul style="list-style-type: none"> <li>• Long Tee/On the field (targets)</li> <li>• Angle Body</li> </ul>	<ul style="list-style-type: none"> <li>• Angle Body</li> <li>• Angle Toss</li> <li>• Targets</li> </ul>	
<b>High Pitch</b>	<ul style="list-style-type: none"> <li>• Long Tee (Targets)</li> <li>• High Tee</li> <li>• Split Grip</li> </ul>	<ul style="list-style-type: none"> <li>• Split Grip</li> <li>• Targets</li> </ul>	
<b>Low Pitch</b>	<ul style="list-style-type: none"> <li>• Long Tee (Targets)</li> <li>• Disc Cone</li> <li>• Low Tee</li> </ul>	<ul style="list-style-type: none"> <li>• Rolling</li> <li>• Overhand Throw</li> </ul>	



## Mental Approach To Hitting

### Common Mental Problems Players Face

- Self-Doubt
- Constant Negative Thoughts
- Improper Breathing
- Fear of Failure
- Lack of Mental Control (Mind Chatter)
- Poor Thinking Skills
- Poor Listening Skills
- High Heart Rate
- No Goals
- No Vision
- Negative Self-Talk
- Inconsistent
- Excuses
- Complain
- Snowball Effect
- Lack of Belief

### 10 Steps To Building a Mentally Stronger Player

- Step 1: Breathing
- Step 2: Self Talk
- Step 3: Visualization
- Step 4: Goals/Wants/Priorities
- Step 5: Practice being/living in the moment
- Step 6: Ownership
- Step 7: Read or listen (audiobooks, podcast)
- Step 8: In Game application (how to practice in practice, when to use it in a game)
- Step 9: Find what works for you (try new things)
- Step 10: REPEAT! Consistency



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## Mental Training Books

### Beginners

- Train Tough The Army Way: Mark Bender
- Winning State Softball: Steve Knight
- Mind Gym: Gary Mack
- 10-Minute Toughness: Jason Selk
- Heads Up Baseball: Ken Ravizza and Tom Hanson
- The Mental Makings of Champions Workbook: Jeff Janssen
- The Mental Game of Baseball. A Guide to Peak Performance: Dorfman H.A.
- Don't Sweat the Small Stuff: Richard Carlson

### More Advanced

- The Compound Effect: Darren Hardy
- Legacy: James Kerr
- Way of the Peaceful Warrior: Dan Millman
- Training Camp: Jon Gordon
- Chop Wood Carry Water: Joshua Medcalf
- Relentless: Tim S. Grover
- What Drives Winning: Brett Ledbetter

### Coaches

- Authors to look into
  - John Wooden
  - Pat Summit
  - John C. Maxwell
  - Rick Pitino
  - Jon Gordon
  - James Kerr
- Books
  - The Softball Coaching Bible



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## Timing "The key to hitting"

### Timing is EVERYTHING

- Allows you to adjust to fast and slow pitching
- Allows you to recognize pitches
- Power
- Consistency

### How Do We Teach Timing?

1. *Consistency in a swing (Body Awareness)*
2. *Vision*
3. *Drills that simulate game like feels*
4. *Happens naturally*

#### 1. Consistency in a swing (Body Awareness)

- Drills to feel connected
  - Walk ups
  - Hands to knee
  - Ichiro
  - Flamingo

#### 2. Vision

- Soft eyes -> Sunset eyes
- Tracking -Horizontal, Vertical, location
- Tracking - Distance
- Staring - 3 seconds max
- Practice

#### 3. Timing Drills

- Tennis ball bounce
- Fast/slow
- Fast/fast/slow
- Pause front toss
- Super close front toss
- Far front toss



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## Catching Footwork and Drills

	Footwork	Drills	Key Words
<b>Throwing</b>	<ul style="list-style-type: none"> <li>• Throws back to pitcher</li> <li>• Throws to 1,2, &amp; 3</li> <li>• Knees 1,2, &amp; 3</li> </ul>		
<b>Plays on Defense</b>	<ul style="list-style-type: none"> <li>• Bunts</li> <li>• Block/Drop 3<sup>rd</sup> strike</li> <li>• Pop-ups</li> <li>• Pass balls</li> <li>• Plays at the plate</li> </ul>		
<b>Blocking</b>	<ul style="list-style-type: none"> <li>• Block all areas of the plate</li> </ul>		
<b>Scooping</b>	<ul style="list-style-type: none"> <li>• Scoop and throw to 1,2, &amp; 3</li> </ul>		
<b>Receiving</b>	<ul style="list-style-type: none"> <li>• Proper Stance</li> <li>• Progression</li> </ul>		

