

OVERCOMING

THE FEAR

OF GETTING HIT BY THE BASEBALL.

Did you know?

Walks were considered errors by the pitchers back in the 1800's.



What's your approach to getting hit by a pitch?

HIT BY PITCHES DON'T HAVE TO BE A PAINFUL EXPERIENCE

More than half of pitches hardly ever make full contact. It seems pretty silly to be afraid when you realize that most HBP are pitches that graze the body.

When I was younger, I went through a phase of being afraid of getting hit. I was especially intimidated when there was a pitcher who threw exceptionally hard.

I developed bad habits such as stepping into the bucket as well as not having both eyes on the ball, and ultimately lunging at the pitch after not really being prepared to hit because I was too focused on being ready to get out of the way of the pitch instead of being ready to be aggressive and hit the pitch in the given location.

Eventually, I had to make adjustment that allowed me to 1.) Have the ability to see the ball clearly and accurately. 2.) Get over the fear of being hit, and simply accept it as part of the game.

Here are a few adjustments that I made throughout this process.



The feet should never move unless the pitch is heading towards your ankles.

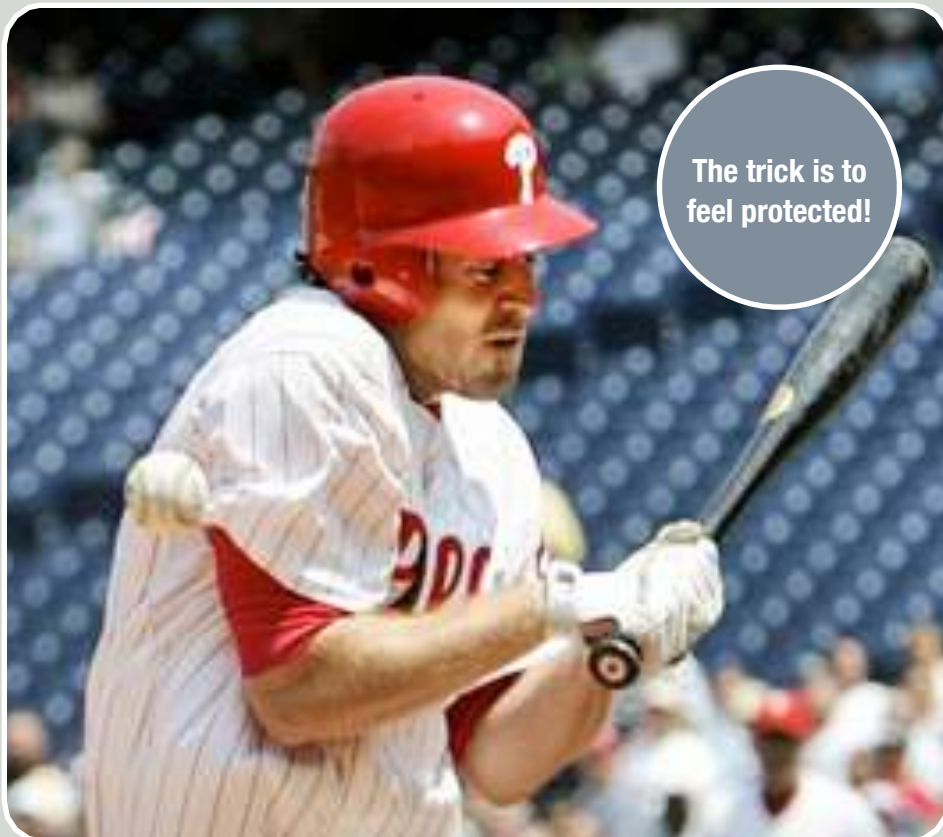
CREATING THE WALL

One major adjustment that I made which had a huge impact on the quality of my at-bats was visualizing a barrier that protected me from the on-coming pitch.

I imagined in my head, an invisible wall that was placed in front of where I was standing in the batters box, so that the only place that the pitch could go through without being blocked by the wall or barrier was over or near the plate.

The better I was able to conjure up the sensation of being protected by this invisible wall, the more confident I felt, and the better I was able to focus solely on picking up the release point of the pitch.

Like anything else, it takes time to develop the ability to convince yourself that the wall can protect you but it's a great method to overcome the fear of getting hit.



IT'S MENTAL!



The first step you can take in learning how to take a hit by pitch is to first learn how to correctly turn inward on a pitch that's about to hit you.

This decreases the chance of injury as well as helps you to avoid getting hit in vulnerable areas.

TURN IN!



The best place to get in regards to pain tolerance is in the triceps or the buttocks.

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PRACTICE THE HIT BY PITCH

More often than not, when you are hit by a pitch, it really isn't as painful as what you would expect. Especially when you are aware of how to turn in on a pitch, the chances of the ball grazing you or glancing of your body is much higher than a ball hitting you squarely.

By learning how to turn in on a pitch correctly, you not only learn how to best avoid an injury from a HBP, but you begin to realize that a HBP is something that you can absolutely handle, thus diminishing the fear of it.

The best way to turn in on a HBP is to rotate your upper half as much as possible to cover the ribs and elbows.

This not only to protect the most vulnerable parts of your body, but it still keeps you in an athletic position. The more confident you are with your ability to take a HBP while experiencing as little pain as possible the more confident you will be and the more aggressive you will be at the plate.



No pain no gain!

CHANGE YOUR MIND SET

The truth is if you end up playing baseball long enough, you are going to experience some level of physical discomfort. The trick isn't to do whatever you can to avoid it but to come to terms with it and to choose to not let it control you.

The fear of getting hit stems from the fear of not knowing what to expect. Here's the thing. Getting hit by a pitch will not kill you and the pain is only temporary. A baseball career that you can be proud of however, lasts a lifetime

If you can be the type of hitter who embraces pain, you will not only be able to embrace the challenges that comes with being a great hitter, you will have an incredible advantage over your opponents as well as your team-mates that you are competing for playing time with.

This is the secret to overing the HBP.....

NOW GO OUT THERE AND SHOW THEM WHO OWNS THE STRIKE-ZONE!