


THE HITTING STREAK

FORMULA

Did you know?

The great game of baseball was invented by the infamous Alexander Cartwright in 1845.



What's going through your mind when you're at the plate?

GETTING IN THE ZONE ISN'T AS HARD AS YOU THINK!

Sometimes all it takes is a few mental, emotional, and physical adjustments to go from a slump to a hitting tear!

What does Ichiro Suzuki, Joe DiMaggio, Jimmie Rollins, Derek Jeter all have in common?

They all were able to string hitting-streaks and consecutive games with hits in a way that made hitting seem like a simple process. They made it look quite easy, as if they weren't even trying!

What's the opposite of a hitting slump?

A hitting streak right.....

A string of games where a hitter has lined up a couple of hits for about a week.



It feels good right?

Every hitter is looking for that zone. When you find it...nothing can stop you except your self!

You can call it:

- being locked in
- on fire
- being in a groove
- in the zone
- having a hot bat
- or “living right” (not the most popular one)

Whatever you call it, it’s still considered a hitting-streak and when a player grabs a bat, that is all that he’s searching for.

That “groove” that makes hitting easy.....even if it’s just for a few days.

Here are three concepts you need to understand before you can begin experiencing more hitting streaks and feel what it’s like to have a **HOT** bat for a longer time.

- You can’t force them to happen
- You can’t make them stay when they arrive
- You actually don’t have to swing to start a streak

The hitting streak is a mysterious thing and truly has a mind of it’s own. It’s has a set of rules that you have to obey as a hitter. If you don’t....you’ll pay the price.

IT'S YOUR TURN!



Go get locked in!

The hitting streak is yours for the taking! Go make happen by letting it go!

BE THE FORCE BUT DON'T USE FORCE!

The harder you try to string hits together the harder it will become. The first mental check list to getting a **hot bat** is letting go.

You can't "press" and be successful at the same time. The harder you swing the slower your bat-speed becomes. The more you think about "not" striking out the harder it is to make contact. The more you want to get a hit the harder it will always be!

MAKE THE STREAK JEALOUS!

When the hitting streak does arrive.....you have to continue to forget about it. Look at your batting average or the hitting streak as though its a pet cat. When you try to pet it and show it attention, it turns it's nose up at you and becomes....well "catty". But forget about it.....show that you're just fine without it being around.....and it starts rubbing it's fur at your legs and begins to prrrrrrr for attention.

It's the same with finding that groove with your swing. When you've forgotten about trying hard and forcing a hit, you've become relaxed and your swing starts to respond to this relaxation. This is when the groove is found. This is when the groove sticks around as well.

KEEP YOUR EYES OPEN!

This is why "letting go" is so important when looking for the "zone".

There will be plenty of opportunities that will increase your chance of getting a hit.

Developing this awareness will help you to find these opportunities such as

- whether the corner infielders are playing back
- outfielders are playing in or out/slanted with two strikes
- position players are holding runners

How many times have you seen a hitter who has had an 0-20 or more slump, break out of it and begin a "hitting tear" after a bunt for base hit.

There is new found confidence when you're able to get on base by being scrappy. You're reminded that you still have the control at the plate and this gives you the power and belief that you're still a good hitter. That's the feeling you want to keep.

**GO MAKE IT
HAPPEN!**



IT'S MATHEMATICAL

Think about it. For most of us all it takes is about 10 extra hits in a season to have a statistically successful baseball season.

(Though that's not our goal)

This really comes down to putting the ball in play.

If you can apply the previous approaches, understand the art of hitting with two strikes, and learn to let go of any sort of outcome, the hitting streaks will become a result of all of your dedicated application.

SO JUST REMEMBER

Hitting streaks will come only when your enjoying yourself at the plate. No fun....no success. Experiment with having fun even when your struggling at the plate and see where that takes you. Apply the steps below and you'll never be in a slump for too long.

- 🏆 Learn to let go and play with instinct
- 🏆 Make hitting streaks jealous by forgetting about them
- 🏆 When they arrive stay focused on the process and don't concern yourself with trying to keep that **“in the zone feeling”**.
- 🏆 Find little ways to get on base. Be aware and use your baseball I.Q.
- 🏆 It's about putting the ball in play

NOW GO MAKE SOME PITCHERS CRY!