

Quality At Bats – Mental Approach to Hitting – Compete with Confidence

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The mental approach to hitting is one of the most ignored tools when developing hitters. Many young players spend hours working on their swing and working with hitting instructors to achieve the perfect swing. The perfect swing is only one piece of the puzzle. The old saying goes that baseball can be as much as 90% mental. If baseball is 90% mental, why do we only think about it 10% of the time?

Every baseball player has 2 different players inside of them: The confident player and the non-confident player. How do you get the confident player to show up in every at bat?

1) Ignore the batting average – never approach an at bat with the mentality to “get a hit”. The odds are stacked against you. Hitting is 1 batter against 9 fielders. Approach every at bat with the simple goal of hitting the ball hard. Good hitters make more outs on hard hit balls. Keep track of quality at bats and hard hit balls – Ignore the batting average.

2) Opening Day mindset – Forget yesterday. New day. New game. New at bat. New hero. Example: A hitter is 0 for 3 and walks to the plate in the 7th inning with the game on the line. Which player do you want to show up for that at bat? The confident player or the non-confident player? Every game and every at bat is a new opportunity to be the hero. Allow hitters the FREEDOM to compete with confidence.

3) HUNT your pitch – timing is the most important factor for hitting. The pitchers job is to upset the hitters timing. It is very hard for a hitter to be on time if they are trying to react to the fastball/change up/curveball at the same time. Hunt for your pitch and be on time. Are you hunting for a pitch or is the pitch hunting you?

4) Help the TEAM win – approach every game with a TEAM FIRST mentality. ELIMINATE PRESSURE on individual results and statistics. There are many times in baseball where a hitter can go 0 for 4, but still have a quality at bat or make a play on defense to help the team win.

5) Change your view of SUCCESS - It is said that baseball is a game of failure. Hitting is the biggest confidence killer in sports. Good hitters will fail 7 out of 10 at bats. If a young player feels like they are constantly failing it is time to change what you think success is. DO NOT define success by batting average and getting hits. Set an attainable goal for every player to achieve success on a daily basis and help the team win.

6) 21 AT BATS – Each individual player will only have 3-4 at bats per game, but as a team there will be at least 21 at bats in each game. STUDY the pitcher when your teammates are hitting so that you can pass the TEST when you are at the plate.