



## Don't Be Wishy-Washy at the Plate

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The major mental hazard that will ruin your confidence at the plate is doubt and indecision. I call this “wishy-washy hitting.” Players who engage in wishy-washy hitting have trouble making decisions. They can't decide on a specific plan for each at-bat. Players that step up to the plate without a plan of what they want to do with the ball and often change their plan from moment to moment are prone to indecision and thus don't perform as well as they should.

If you are a wishy-washy batter you change your mind as you step into the batter's box about where you want to hit the ball and what type of swing thought you will have when it comes time to pull the trigger. Wishy-washy thinking fills your mind with doubt and indecision. “Should I bunt the ball or hit it hard down the line,” you say to yourself. The doubt and indecision kills your ability to make a good stroke with determination.

Usually, a player's first decision is the correct one. I think sometimes athletes talk themselves out of their plan at the plate because they start to question their ability to carry out the plan. First, get a specific plan of what you want to do such as “wait for my pitch and hit it hard down the third base line.” Second, commit to the plan. As you move from the on deck circle to the batter's box, commit to your plan and see yourself executing the plan. It's easy to change your mind if you let yourself do so.

Third, use a swing cue or thought as you take a couple practice swings and settle into the batters box. Stay focused on your swing thought such as “see the ball and react” while you wait for the pitch. Recommit to your plan between pitches and don't be wishy-washy!

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