"One Pitch at a Time": For Hitters

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RESPONSIBILITY
1. You don't have control of what goes on around you, only how you choose to respond to it.
2. Must be in control of yourself before you control your performance.
3. Your attitude is a decision.

ABILITY, CONFIDENCE, MISSION, SELF CONTROL, CLEAR THINKING, TRUST, RESPONSIBILITY

RESPOND (Trust)
- Let go.
- See ball, hit it.
- Total involvement.
- Relaxed concentration.
- Present focus.
- No fears
- Not thinking.
- Clear thinking.

READY (Breath & Focus)
- Click in concentration
- Here and now

ROUTINE
- Positive energy in box
- Pre-performance preparation
- Breath

REFOCUS (Thinking/Commitment)
- Know situation.
- Adjustments.

RECOGNITION (Awareness)
- Performance: Result.
- Arousal level. Self talk.
- Location. Movement.
- Release point. Concentration.
- Tracking ball. Behavior.

RELEASE (Let it go)
- Get out of box.
- Let go of inappropriate tension
- Physical trigger.

REGROUP (Centered)
- Get control of self, before you control performance
- Centered balanced mindset
- Sternum up, focal point, focus external
Green Light examples:

- I get a green light when:
  I prepare myself mentally for the game
  I have a good at bat
  I get a good batter out
  I use my routine
- When I have a green light, I feel:
  Energized, excited, calm, relaxed
  Totally focused on the baseball
  The target I'm throwing to looks big and close

Yellow Light examples:

- I get a yellow light when:
  I can't commit to my plan
  I swing at a bad pitch
  The umpire blows a call
  I make an error
- When I have a yellow light, I feel:
  The game speed up, I think of a million things
  Tightness in my shoulders and the backs of my legs
  I start to try harder
  Upset
- When I have a yellow light, I say to myself:
  "I'm losing it"
  "Here we go again"
  "Why does this always happen to me?"

Red Light examples:

- I get a red light when:
  I have two yellow lights in a row
  I'm 0 for my last 6 at bats
  I give up a home run
  I make a stupid error
- When I have a red light, I feel:
  My jaw clench tightly
  Enraged
  Like quitting
  Myself throw my equipment
- When I have a red light, I say to myself:
  #$%^&*@/$%^&*@
  "Why do I play this stupid game?"
  "I'm a loser"