



Name \_\_\_\_\_

# COMPETE!

## Training 10: Hitting (book chapter 9)

1. Compete: "Get 100% of what you've got to \_\_\_\_\_ the \_\_\_\_\_."

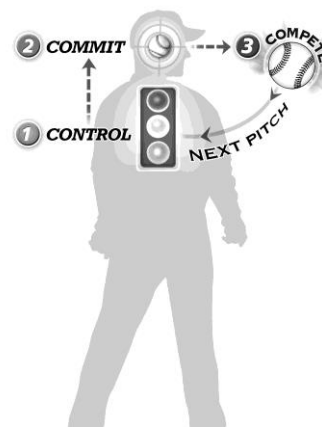
2. One way I measure a quality at-bat is:

3. Ways I can regain Control:

- \*
- \*
- \*

4. Confidence is a \_\_\_\_\_.

5. My at-bat begins when I:



## Do It! Practice

Do a great job of

1. When my AB begins (or my round of BP)
2. Clarifying my routine/process
- 3.

Watch Ken & CJ videos

- 1      2      3      4      5      6      7