



- 1st SESSION -

- (1) Perspective VIDEO...
- (2) Identify the Pitcher's Weapons...
- (3) Interview the Hitter Questions...
- (4) Explaining a Natural Hitting Approach / Reacting to Time & Space...
- (5) Drills and Video Examples / Identifying how to teach a hitter to *master TIMING* and *master SPACE*.

- 2ND SESSION -

Fixing the "SWING" the Natural Way.

- (1) How you Decelerate Affects How you Accelerate / Fix Any Mechanical Flaw *AFTER* You Hit the Ball.
- (2) Rewind the Bat Drill...
- (3) One Foot Drill...
- (4) Blurry Glasses Drill...
- (5) Zip and Hit Device with Concepts...
- (6) Cool the Frontal Lobe / Remove Distractions...
- (7) Care MORE about the Ball and LESS about the Swing...

- 3rd SESSION -

Hitting is a Reaction to TIME and a Reaction to SPACE...

(1) Ichiro Suzuki Quote...

(2) Science Vision – VIDEO / See Ball Out of the Hand Fallacy...

(3) Vision Mechanics...

(4) Speed Reading Technique...

(5) Identify the REAL Flight Path...

(6) Seven Different Ways to Watch the Pitcher...

(7) Smooth Eyes...

BONUS: (if Time Permits)

(1) Timing the Pitcher from the Stretch Position...

(2) Inside Pitches – Don't Pull the Pitch Drill -

(3) Challenged with Spatial Awareness Deficiencies Drills...

(4) Bunting the PRO-WAY...

- Discount DEAL –

Reminder: \$100 off ...the 5.0 BEST HITTING DRILL EVER – Online Video Series.

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almost 4.5 hours of online hitting instruction.

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