The following information provided inside this manual is meant to provide baseball players a better understand of a mental approach to hitting. All information in this booklet is based upon personal playing experience at the junior college level, helpful insights from current and former professional players that I have worked with over the years, hundreds of hours of research, video analysis, umpiring and instructing experience.
Joey Swanson has been a hitting and catcher instructor for nine years and an amateur summer/fall baseball coach for eleven years (one with Northern Reign out of Everett, five years spent with NW Timberjacks and five years with the Diamond Jaxx Baseball Club). He currently provides instruction to hitters and catchers out of Diamond Sports Training Center (Sumner, WA). In 2012, Joey started a company called Swanny’s Diamond Academy where he can provide quality information for amateur baseball players across the country. SDA is an official Right View Pro Branded Academy using mobile applications and computer software bringing baseball and softball hitting instruction/analysis to your cell phone or personal computer. RVP is the only official licensed product by MLB and NPF and uses professional models for pitchers and hitters and compares them side by side amateur players. Swanny has worked with and learned from many people within the baseball community such as Jeff McKay (Baseball Northwest and MLB scout), Rhett Parker (MLB Associate Scout and tournament/scout team director), Shaun Cole (Univ. of Arizona pitching coach and 2012 National Pitching Coach of Year), Don Slaught (President of RVP and former MLB catcher), Mike Hollimon (current player in Minnesota Twins organization) and more. Swanny is currently the hitting coordinator for the Diamond Jaxx Baseball Club and is in his fifth year as manager of the Diamond Jaxx 18u team (2nd year as 18u club). He also helps oversee yearly operations for the Diamond Jaxx Baseball Club.

Every year I work with hundreds of kids and while we mostly talk about the physical aspects of the baseball swing the better hitters can always seem to answer one simple question:

“What is your approach to hitting a baseball?”

When I first ask that question, a lot of players look at me like it’s the first time they have heard the word approach in relationship to hitting a baseball. They go through all their practice time just swinging and never working on situational hitting and breaking down certain pitches or counts. Your approach can change pitch by pitch but, if you don’t understand what it takes to start with a good mental approach then, it’s going to be tough to make adjustments pitch by pitch. Not being able to make adjustments as a hitter (or even pitcher) means you will not be successful at the higher levels of baseball (i.e. national competition at 13 and up).

The following information provided was put together to increase awareness of the mental hitting approach for amateur baseball players. It is a way to bring knowledge that has been learned through years of playing, umpiring, consulting and instructing youth baseball players. It is written specifically for baseball and uses the male gender when giving examples. While I truly believe that the baseball swing and softball swing do not differ (and video analysis proves that) this is meant to help baseball hitters succeed in a day in age where it seems to be dominated by pitchers. I hope that this can help both players and coaches alike and appreciate the time you have taken to read it. Thank you.

Sincerely yours,
A MENTAL APPROACH TO EFFECTIVE HITTING

Hitting a baseball hard consistently is not about how big and strong you are. It’s about body strength, good mechanics and confidence. Being aggressive towards the inside half of the baseball and using your lower half to help maintain and generate kinetic energy throughout the swing. Proper sequential rotation is necessary for our success as hitters. You must use your lower half properly in order to use your hands properly (if trying to hit with power; if not trying to hit the ball hard then it’s just about hand eye coordination). Whatever type of hitter you are (singles or home run guy) you MUST have a proper plan of attack BEFORE you step foot in the batter’s box. Hitting is about your mental approach more so than your physical ability. Your physical ability helps with your preparation and your mental philosophy (approach) will lead to your success on the baseball field.

All great hitter’s posses 5 common traits as hitters which allow them to be successful day:

QUICK CONFIDENCE (no matter what the situation) They know that on any given count, any pitch thrown, that they can put a good swing on the baseball. Confident that no matter what the situation the odds are in his favor to be successful – even when the odds are not.

GOOD MECHANICS (understanding the three phases of the swing) In order to maximize your success at making consistent contact, you must eliminate “holes” in the swing throughout the hitting zone. If you can manage to create proper sequential rotation and eliminate your mind from telling your body to do something it’s not supposed to do then, you can increase your margin of error on pitches in the strike zone. What your body does and what your mind thinks it does are two different things. There is a kinetic chain of events that takes place during the swing that many hitters break due to poor mechanics. Breaking that kinetic chain causes the barrel to be in and out of the zone quickly which limits us to hit certain pitches and/or make certain adjustments. Having good mechanics repeats the three phases of the swing:

1. Force (power; how much force is generated and delivered into the ball),
2. Big Zone (contact; the longer the bat stays through the plane of the pitch, the greater the chance for success) and
3. Efficiency (time and energy; the more efficient the batter, the more time and energy available to focus on how, when and where to make contact. Any jerk in the swing is an inefficient adjustment to the speed and location of the pitch).

By training your body to swing with a proper bat path, which creates bat lag and separation creating maximum force at contact, you also train it to be in proper hitting position to be able to hit/adjust to all pitches in all locations. Hitting is not just about creating bat speed; it’s about combining all three of these measures to give the hitter the greatest opportunity for success.

GOOD BALL TRACKING SKILLS A good hitter has at one or multiple times during batting practice or even a game, seen seams on a baseball or seen a hump on the arc of breaking ball out of the hand. They have the ability to track the baseball from release point to the hitting zone and can pick up...
tendencies during a pitcher’s delivery. They see/adjust to breaking balls earlier and better and can lay off pitches that are not in the hitting zone because they can recognize spin and location of the baseball. How do you train your tracking skills? Hit, hit, hit!

**GREAT MENTAL PREPERATION** What is the pitcher’s best pitch? What is his out pitch? What is he trying to do? What pitch am I looking to hit when I'm ahead in the count? What did he throw me last at bat? These are just some of the questions a good hitter is asking himself during his on deck and in the hole approach. A player must ask these questions and be able to react when seeing a pitch that is delivered to the plate in less than half a second. There isn’t much time to determine to swing or not to swing thus being mentally prepared before the pitch is delivered becomes essential for effective hitting. HOWEVER, none of these thoughts are in your head when in the batter’s box due to relaxed concentration.

**BODY STRENGTH** Whatever your body type is you must know how to use it properly IF you want to hit consistently with power (squaring the baseball up regularly). I don’t care how small you are – everybody is capable of hitting the ball far and hard. Your natural bat path, pitch type and point of location will determine how far the ball will travel. Ichiro and Mickey Mantle have almost the exact same swinging mechanics but their mental approach to hitting defined their success.

Developing an effective hitting game requires all mentioned above and more. Producing quality at bats cannot happen without these four ingredients. Yes it’s good to hit the ball hard all the time but, it’s better as a whole to consistently produce quality at bats throughout the lineup. Saber metrics says that each quality at bat during a 9 inning game equals half a run in production. This means if all your hitters in your lineup are looking to contribute at least one quality at bat each game then you will be scoring an average of 4 or 5 runs a game. So, now that we know what skills great hitters posses, what do they do to produce quality at bat’s?

What is a Quality At Bat?

- See six pitches or more during an at bat, **regardless of outcome**
- Hit the inside half of the baseball hard, **regardless of outcome**
- Advancing the base runner given the situation **by hitting the ball hard**
- 2 strike hit

Quality at bat’s and productive at bats are not the same thing. Productive at bats include sacrifice bunts, hit by pitches, base hits by not hitting the ball hard, etc. Obviously you would like to have both productive and quality at bats throughout the line up but, being able to produce quality at bats (hitting the ball hard consistently by having an approach) is most important.
To Be, Or Not To Be....Aggressive

Everybody is great during batting practice and it’s easy to not have any plan of attack and still have good swings in the cages. It’s sometimes difficult to identify the aggressive and the non-aggressive hitters while watching cage work. However, in a game situation, the non-aggressive hitter won’t swing the bat. All the time spent in the cages swing at junk pitches, pitches out of the zone, shoelace pitches and then when thrown a fastball down the middle or middle in they don’t want to swing thus all that time perfecting how to hit every pitch in the zone was just wasted time and effort by everybody involved. Here are some characteristics of a non aggressive hitter:

1. He likes to take a first pitch hittable fastball to gauge velocity.
2. He likes to take a strike before he feels comfortable at the plate
3. With a 3-0, 2-0 and 3-1 counts, he is taking all the way
4. He is hoping for a walk
5. Constantly hitting behind in the count (hitting with 2 strikes a lot)

Hitters are many times uncertain of their roles while at the plate because they have not been given a proper plan of attack, or mental approach to hitting. Every hitter’s approach is going to be different but, it’s important that each player has one. A leadoff hitter’s approach will differ from a middle of the lineup guy but it doesn’t mean that their roles will never be reversed. Every hitter in the lineup needs to know what to do when it’s time to clutch up and get a hit not just hope you get on base somehow so your big dogs can drive you in. Wherever you hit in the lineup – you must know how to hit aggressively.

Every hitter should prepare to hit a line drive hard on the first good pitch they see. My good pitch will differ from your good pitch. Some guys like to hit curveballs some don’t. Some guys sit on fastballs only until they get two strikes. Whatever your approach is it needs to fit your style of play and needs to always stay aggressive...especially on fastballs. I have seen so many good hitters get behind in counts simply by not being primed and ready to unload on a fastball. You don’t want to wait for a pitcher to get ahead in the count with his fastball and then carve you up with his breaking pitches and off speed pitches. Yes, you can look to hit a breaking ball in certain counts for certain hitters but you must always expect fastball and adjust. How many pitchers that you face throughout the year “own their breaking ball”? What I mean is, can they throw it for a strike at any given time or are they just “renting it”? If a pitcher doesn’t own his breaking ball then just sit on his fastball.

A good hitter will step in the box with the intention to hurt the baseball and hit it hard every time. No matter what the score or situation we want to produce quality at bats throughout the lineup. Swinging the bat and maintaining an aggressive approach will produce more runs and build more confidence than a take sign when ahead by 5 runs or when losing and trying to get base runners on. Every hitter must understand that at some point in time they will be up with the game on the line and everyone must be confident in their ability to be aggressive – good pitcher or not.
OVERLY AGGRESSIVE VS SELECTIVELY AGGRESSIVE

Don’t be confused by the term aggressive. I don’t mean swing at pitches outside of the strike zone if it’s a fastball and you know you can hit it. The odds of you swinging at a pitch outside the strike zone and being able to hit it hard AND keep it fair are slim. Swinging at a breaking ball that doesn’t reach home plate can be considered as overly aggressive. Thus each hitter must come up with a plan to be selectively aggressive. The hitter, based upon pitch count and situation, will select when to be aggressive. In order to do so, it’s important that they know the pitcher and what he likes to try and do or throw when ahead or behind in the count. Understand that pitchers have tendencies.

In order to be an effective pitcher, he must get ahead of the hitter and stay ahead of the hitter because then he is in command. He doesn’t have to just throw the ball over the white part of the plate. He can try and get you to chase pitches out of the strike zone. When a pitcher is ahead in the count he doesn’t have to throw his best pitch. Keep in mind most pitchers are taught to get a head with strikes and get outs with balls. When a pitcher falls behind in the count the odds of the next pitch being a fastball increase, which is a GREAT thing for a hitter even if the pitcher has good velocity. When hitters discipline themselves to look for the fastball when ahead in the count, then they should have the advantage over the pitcher. Looking for fastballs when ahead in the count = selective aggressiveness.

In counts that favor the fastball such as; 0-0, 1-0, 2-0, 2-1, 3-0 and 3-1 the hitter will look only for a fastball to be thrown. If it is in the strike zone then the hitter should swing. It drives me crazy to see guys swinging at breaking balls out of the zone when ahead in the count. If you are sitting on a fastball what are you doing swinging at breaking pitches? Better hitters with less than two strikes and ahead in the count could sometimes “keyhole a zone” and just look for a pitch middle in or middle away. However, don’t get caught up in this approach too much as it can sometimes changes the favor of a hitters count quickly. Every hitter must know the count at all times. You can bet that the pitcher does at all times. By knowing the count and knowing when to expect a fastball our job becomes a lot easier. Expecting to get a pitch and getting that pitch is called “sitting”. You must make two important decisions once the ball is released by the pitcher; 1) pitch type and 2) location of the pitch (ball or strike). One of these decisions, the type of pitch, can sometimes be made before it is released. You can learn a lot by watching and asking other hitters what they got in certain pitch counts.

Pitchers are creatures of habit. They are taught to pitch in sequences (a lot of the time). They will throw certain pitch types in certain pitch counts when they are in command. They have a get ahead pitch, a set up pitch, a waste pitch and an out pitch. Keep in mind these pitches can change pitch by pitch, hitter to hitter but pitchers always have an approach to each hitter – and most of the time it’s the pitcher, catcher and coach working together to decide what that pitch is. So that means as a hitter you are outnumbered 3 to 1 when in the batter’s box. I guess that’s why they say good pitching beats good hitting. A pitcher has a plan to throw a certain pitch to a certain location and a hitter has to have a plan to be able to be on time with the fastball and be able to adjust to any pitch in any location. This allows for a lot of freedom with thinking and actions when in the batter’s box. It is absolutely vital to have a plan of attack in an effort to limit these freedoms in the batter’s box.
Game Day Preparation

It starts when you wake up. A good hitter has to believe he is a good hitter. **Confidence** – that was one of our ingredients. Ted Williams said “....to have people say ‘there goes Ted Williams, the greatest hitter who ever lived’.” He believed in himself and loved to talk hitting until the day he passed. The **mental preparation** to being a good hitter begins when you wake up. “I’m going to have a great day at the plate today. I’m getting at least 2 hits.” You have to believe in yourself as a hitter if you want to be successful.

“How do you build belief as a hitter? How do I get confident as a hitter?” You practice. You find a routine that works for you because not every hitter is the same. Yes, we all do similar mechanics once our front foot hits the ground but nobody swings exactly the same and thus they may practice differently. Some guys love tee work, some guys love soft toss. Some guys only want to hit live and don’t want to hit anything but a real baseball (no whiffles or cage balls). When I worked with Northwest Timberjacks we had a Pro Batter Sports pitching machine that used a live video to display a pitcher and has a state of the art 3 wheel pitching machine behind the screen. It’s the ultimate pitching machine and the most realistic one you can get as far as machines go. Most of the major league clubs have one somewhere throughout their organization and the guy who delivered ours to the facility said that “… [Some players] will not hit off this because he doesn’t like the baseballs…” I’ve heard people say not to do tee work because you can’t work on ball tracking skills and yet, Griffey, Tony Gwynn and Albert Pujols all say it’s one of the best tools a hitter can have. Albert Pujols takes hundreds of swings off a tee daily to perfect the PERFECT SWING. He believes if he can repeat a perfect swing and hit the ball up the middle or just to the 1st base side of 2nd base then that’s a perfect swing. Manny Ramirez will step in a cage and just try to square the ball up (hit a low line drive) anywhere on the field. Whatever their routine or practice plan, the end result is a low line drive and the ball is hit hard with balance throughout the swing. Find your routine and get comfortable with it. When you feel as if you are struggling a good pre game routine can help you get back on track. You have to practice and try different drills and see what ones work best for you.

Pre Game Routine

After a dynamic warm up and properly stretching get into your tee work. **The best way to start a pre game routine is with a stationary baseball.** It takes tracking a baseball out of the equation lets you focus on creating a proper swing path to all zones. Move the tee to all zones for a few swings and get good and loose hitting the baseball hard and not creating lift off a tee. Then move onto soft toss, front toss and live pitching working on your timing and seeing spin of the baseball. Hitting small baseballs whiffle balls or even small white beans can help get your eyes warmed up during your pre game. Eyes are just like any other muscle in your body. They can be trained and made stronger and even tire out and become weaker if not used properly (i.e. eye muscles can only have hard focus on a small zone for so long before they start to tire out and become weaker).

**FROM THE DUGOUT** Any time you see anything going on in the bullpen you should start to take note to see if you can pick up any tendencies and gauge the pitch selection. See if the guy is throwing
strikes and what pitches he can throw them with. Is he throwing his breaking ball for strikes or can you just eliminate having to worry about swinging at it? Where is his pitchers window and is it the same with all pitches or does he tip off a pitch by changing the window on off speed pitches? Your at bat does not start in the batter’s box. It starts in the dugout during warm ups.

FROM THE ON DECK CIRCLE Get loose, stretch with a weighted bat, swing with the hitting jackets on the bat or a different bat weight. Whatever you do DO NOT JUST STAND THERE AND LOOK IN THE STANDS. You can get a couple swings in and work on being on time with your front foot. Visualize yourself seeing the baseball and don’t swing at pitches that are thrown for balls, even in the batters box. That is a lack of focus. Work on visualizing seeing the seams of the baseball and hitting it hard back up the middle with a low line drive. Don’t let teammates or the stands distract you from studying the pitcher. You should have at least one if not two at bats in on during your pre game before you step foot in the batter’s box.

FROM THE BATTERS BOX When the hitters turn comes up and it’s his time to step in the box he needs to breathe and relax. Trust your plan, know that you are prepared and the pitcher can’t beat you with his best fastball. You must get to a strong state of relaxation. When it’s time to hit in a game is when muscle memory takes over if you have put in your practice time off the field. Just see it and hit it. Most of being successful as a hitter is just knowing that you have prepared yourself off the field. You can’t think about what is going to happen when you are in the batter’s box. Branch Rickey said, “A full mind is an empty bat.” Meaning you can’t think and hit at the same time. You have to have true relaxed concentration. Don’t be thinking anything about your mechanics; “are my hands to low? How’s my grip? Is my back elbow to high? Am I balanced? Now is not the time! It’s time to breathe, believe and battle. See the ball hit the ball. Don’t over-think, just to stick to your approach and then react in the batter’s box.

REALAXED CONCENTRATION Work on your breathing. It sounds silly but it’s one of the most useful tools to being a good hitter. Tony Gwynn and Derek Jeter did and do an unbelievable job with relaxed concentration. When you breathe, you bring in oxygen to your body and mind allowing you to react better and quicker. Breathing helps calm your heart rate and allows hitters to slow the pitch down. Any good pitcher will take a deep breath before they start their mechanics just like any good hitter will breathe deeply in the batter’s box. Also, don’t assume your ready stance in the batter’s box until the pitcher is ready. Too many hitters start their set up before the pitcher is ready. A lot of guys are set before the pitcher has even got on the rubber in a set position (wind up or stretch the set position is with both hands in the glove and feet stationary). Every pitcher must get to a set position before delivering the ball to home plate, thus, the hitter must know the pitchers mannerisms between pitches. You will not be relaxed if you set up too early or too late therefore the timing of the mechanics is crucial when in the batter’s box. If the pitcher is taking too long in between pitches and you are already in the box then call time and breathe and relax. STUDY LONG, GET IT WRONG. Don’t let the pitcher control tempo even though that is what he is told to do. If he is a quick pitch pitcher make the umpire grant you time by doing the following:

1. Step in the box with one foot and put up your back hand asking for time from the umpire
2. Leave your hand up and get your feet set up in the box, keeping your eyes on the pitcher.

3. Put your hand down and get ready to hit a line drive up the middle.

Control the tempo as much as you can, don’t get bullied by the pitcher. Make sure you are ready to go and relaxed before the pitcher starts his motion off the rubber and towards home plate.

HI TTERS RELATIONSHIP WITH THE COUNT, PITCH BY PITCH

Below are a few things that may help pitch by pitch:

0 – 0 Count

- Look fastball
- Stay aggressive on a fastball in the strike zone
- Don’t keyhole a zone here because it is a neutral count
- If the pitcher can get ahead with a breaking ball then hopefully he hangs it first pitch

1-0, 2-0, 2-1, 3-1 Count

- Look fastball
- Hitter has the advantage
- Get a pitch you handle – this does not mean keyhole a zone
- Good hitters can key hole here but don’t miss, especially if pitcher can throw off speed for strikes because if you miss a fastball and go 1-1, 2-1 or 2-2 and he has command of pitches then you will get an off speed pitch next.

0-1, 1-1

- Be aggressive on pitches in the strike zone
- Must prepare to hit all pitches and not keyhole one pitch

0-2, 1-2, 2-2, 3-2

- Pitcher is in the advantage here
- Hitters must be more on the defensive side of the swing and cut down there swing a little
- Hitters should not look to go yard on these counts and should look to put the ball in play
- Don’t let close pitches go by

TAKING PITCHES

- When you take a pitch, do so in the legs. The swing starts from the ground up so, get into your legs at your pre load and stride.
- Take pitches in your legs. Let the hips initiate the hands, not the other way around.
- Work on your timing and seeing the seams of the baseball
HITTING WITH RUNNERS ON FIRST BASE

- Let the ball get deep and try to drive the baseball behind the runner and into the outfield
- Work the count until you get a pitch you can handle (THIS MAY BE THE FIRST PITCH or it may be the fourth pitch – stay aggressive)
- Stay away from the left side of the field; a ball hit to the LF the runner can only advance one base. Ball hit to right field increases the odds of moving up two bases

HITTING WITH RUNNERS IN SCORING POSITION WITH LESS THAN TWO OUTS

Understand what type of hitter you are. There are power guys and there are contact guys and then there are hitters on each team that work harder that posses both power and contact. If you are a contact guy don’t try to be a power guy with runners on base. STAY WITHIN YOURSELF and do what you know you can do. Don’t try and do something you cannot. It’s funny anytime we put a defensive shift on a right handed hitter and pull our first baseman off the line I see the hitter start to try and change his bat path in between pitches on his practice swings. The end result is always either a ground ball right into the shift up the middle or a weakly hit ground ball or fly ball. We shift because very few hitters hit the ball hard to all fields and most guys are taught to get the barrel head out in front and pull the baseball. By shifting the defense we have distracted the hitter enough to a point where instead of relaxing he is now pressing and trying to do something he is not capable of and that is take an inside fastball and hit it hard the other way.

While we want to be aggressive with runners in scoring position you can’t get overly aggressive but should be very selectively aggressive in this situation. Drive the baseball hard up the middle.

DISTRACTIONS

You can’t have relaxed concentration if being distracted by people in the stands, your last at bat, girlfriend issues etc. Eliminating distractions is one of the most difficult things to do and ultimately separates a good player from a great player. Clearing the mechanism (as Kevin Costner says in the movie For Love of the Game) is essential to do before you start an athletic motion on a baseball field. You cannot worry about your last at bat(s) and you must have short term memory. You have to work pitch by pitch and just try to learn quickly from each pitch seen. Understand that you ARE GOING TO FAIL MORE TIMES THAN YOU SUCCEED NO MATTER HOW GOOD YOUR MENTAL AND PHYSICAL APPROACH IS. Don’t get distracted by your failures, you won’t last long in this game as it gets quicker and players get better. Just breathe, believe and battle. Trust your approach and be confident with your abilities as a hitter.

SUMMARY

Hitters are at a day in age where pitchers can throw multiple pitches for strikes at any given time and they are throwing harder younger. Hitters have to prove they can be a good hitter by the time they are 15 if they want to play high school baseball. Without an effective plan or approach to hitting they are at an extreme disadvantage because the pitcher will always have a plan for every hitter. Don’t let the
pitcher execute his plan, be aggressive early in the count on pitches you can hit (and it’s probably going to be a fastball). A selective aggressive hitter will be more successful than an overly aggressive hitter and a non aggressive hitter. Know what pitches you like to keyhole and know when it is okay to keyhole a zone. Just because you are ahead in the count doesn’t mean you should keyhole a zone.

Everything that was discussed in this book is all for not if you do not practice. In order to become a better hitter one of the 5 traits they all posses is ball tracking skills. You can do a ton of tee work to develop a very compact swing but it all does no good if you don’t work on seeing live pitches (all types of pitches) from the pitching mound. Get as many at bat’s in as possible when you have good weather. You can get at bats of pitching machines or your buddy throwing if you take that at bat approach to your training. Without great mechanics, a great mental approach is nothing. Get your swing on video and see what you need to do to create efficiency throughout your swing in an effort to hit all pitch locations hard. Without video analysis you will never know exactly what your body is doing or isn’t doing. Our naked eye can only see so much. Hitters need to develop a hitting library and see what they are doing on certain pitch locations and if they are being efficient with their swing path or changing it. Proper kinetic energy only occurs if you use your body properly and eliminate the jerking motion when adjusting to certain pitches or locations. Set up an off field hitting routine to help quicken, shorten and power up your swing and then only work on ball tracking skills (seeing the ball deep in the zone – stop trying to practice hitting the ball our front during soft toss and front toss).

Understand and develop a routine to help you get to a state of relaxed concentration. Control the tempo so you can keep that relaxed concentration; don’t get bullied by the pitcher, try and control the tempo as much as you can. Also, understand what ingredients make a good hitter and don’t try to be something you are not. Every hitter starts out equal but some work harder to become confident with their hitting. Practice, practice, practice. It’s the only way to get confident with your swing. Remember, without good swinging mechanics you will never be confident in your ability as a hitter.

Two of the greatest hitters that every lived and an insight to what they and others thought about them as hitters.

Babe Ruth Quotes
“Don’t let the fear of striking out keep you from swinging the bat.”

"If I'd just tried for them dinky singles I could've batted around .600."

"Just one (superstition). Whenever I hit a home run, I make certain I touch all four bases."

"An outfield composed of (Ty) Cobb, (Tris) Speaker and (Babe) Ruth, even with Ruth, lacks the combined power of (Joe) DiMaggio, (Stan) Musial and (Ted) Williams." - Connie Mack

Ted Williams Quotes

From BrainyQuotes.com

“Baseball is the only field of endeavor where a man can succeed three times out of ten and be considered a good performer.”

“God gets you to the plate, but once your there you’re on your own.”

“You have to hit the fastball to play in the big leagues.”

“If there was ever a man born to be a hitter it was me.”