



Sunday, January 19, 2020

## “FOCUS, EFFORT & ATTITUDE”

- The difference between who you are and who you want to be is the work that you put into it.
- The key is not the will to win. It is the will to prepare to win that is important.
- COMMITMENT means **staying loyal** to what you said you were going to do long **after** the **mood** you said it in has **left** you.
- Do you really want to build a better swing? Take at least 100 QUALITY swings a day. It can be off a tee, front toss, side toss or even dry swings.
  - ABOVE average hitters: 750 swings per week *(includes practice)*
  - Average hitters: 450 swings per week *(includes practice)*
  - BELOW average hitters: 250 or less swings per week *(includes practice)*
- Four steps of progression for hitting
  1. BODY MOVEMENTS *(Don't forget about working on this step!!!)*
  2. Tee work
  3. Front toss
  4. Live pitching