

SELF-DIAGNOSE AND SELF-CORRECT YOUR SWING

OVERVIEW:

To become a successful hitter, you need to learn how to coach yourself by learning how to self-diagnose and self-correct your swing. The ability to immediately know what went wrong and how to correct it is what all successful hitters can do. That way, they can immediately correct a flaw so the pitcher cannot exploit it.. This of it like this:

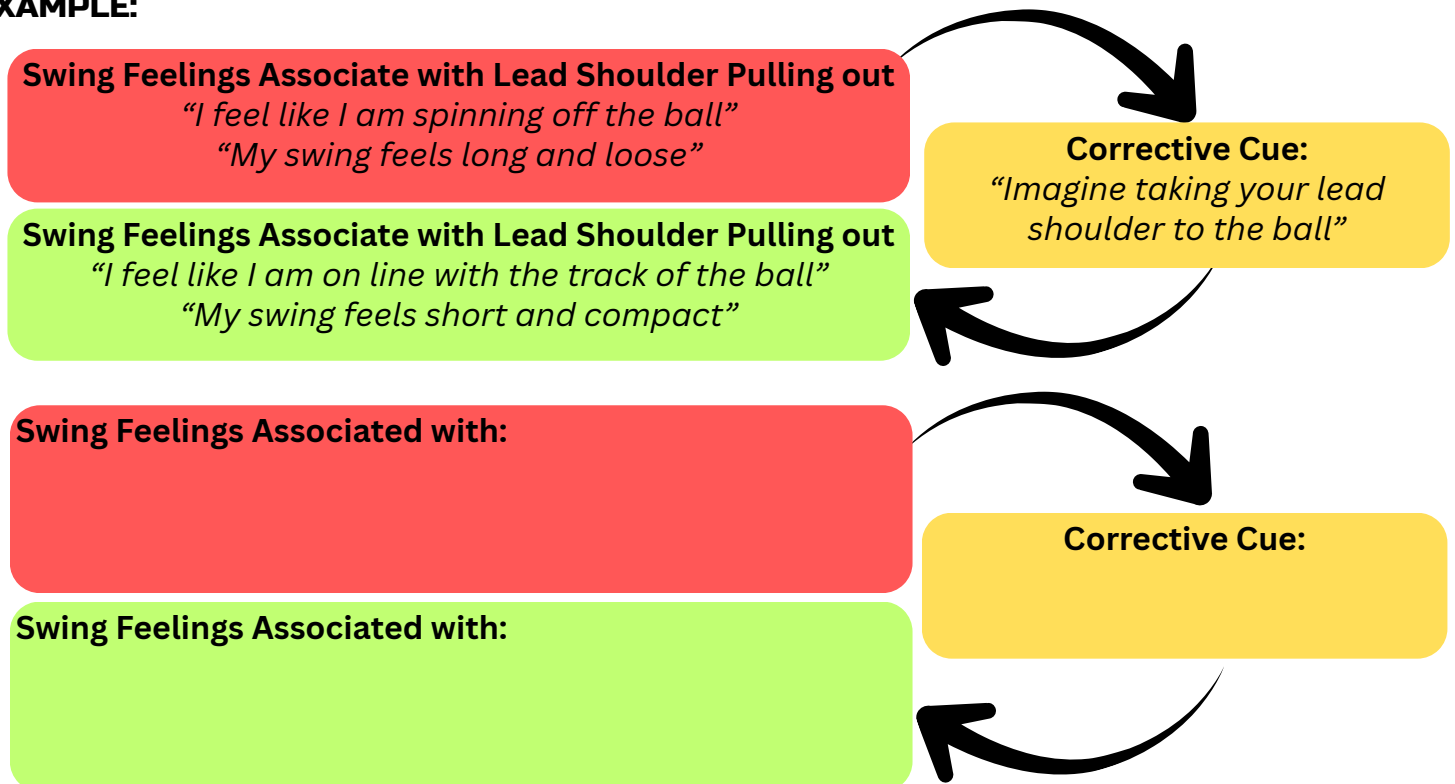
Those who adjust...WIN!

PURPOSE:

This exercise is designed to help you identify the feel of a swing glitch so you can immediately recognize a bad swing, self-diagnose what caused it, and create a Swing Cue to self-correct it on your next swing.

Identify your #1 swing glitch (e.g., lunging, falling off balance, biting the swing off), write in what it feels like when it happens, a cue to self-correct, and what it feels like when fixed.

EXAMPLE:



IMPORTANT NOTE

1. A hitter cannot see himself swing – only feel himself swing. Therefore, we use mental cues to help create the correct feeling, **which are not always the literal movement.**
2. In the example above, you're NOT actually taking your shoulder to the ball. However, you are imagining that you are. This feeling will create the adjustment we need for your body to make the physical correction. If we learn the feeling, the body does the rest.