

# WIN AT WINNING

## OVERVIEW:

Winning can be manifested if not outright created. Winning athletes of all sports know this to be true. In fact, they know that winning actions done consistently will set the stage for winning moments. They know that winning is not a light switch that can be turned on and off. It is more like a dial that is either dialed down, minimizing the likelihood of winning, or dialed up, amplifying the likelihood of winning. Winning actions instituted consistently keep the environment for winning dialed up. Think of it like this:

*Those who create winning habits win habitually*

## PROPOSE:

This activity helps you identify the winning habits that fit you, your swing, and your role as a hitter so that every aspect of your offensive game will rise.

**Work with your parent and/or coach to develop your unique pre-game hitting routine which you can use to hone good swing habits. This routine must be:**

### SUSTAINABLE

It cannot be so much that the routine is tiring or complicated

### ADJUSTABLE

You must be able to change the routine as the season changes

### SUPPORTIVE & CORRECTIVE

It must support hitting streaks and correct hitting slumps

**Tee:**

**Toss:**

**BP:**

**Develop other actions that foster winning**

Identifying  
Pitchers  
Patterns, Tips,  
and Tells

Visualization

In the Hole and  
On Deck  
Routine

Mindsets