



50 HITTING TIPS

from a

**COLLEGE
COACH**

seamtrak

Thank You!

As a way of saying “Thank You” for your interest in SeamTrak we are giving you this free eBook written by SeamTrak founder, Xan Barksdale.

Enjoy the tips, put them to use, and visit the SeamTrak blog (SeamTrak.com/blog) often for more useful hitting tips and advice.

Xan Barksdale
Founder of SeamTrak

Tip #1

**There is only one way to get out of a slump,
and that is by swinging.**

Every baseball player has been through a slump. They're no fun and the goal is to get OUT of the slump as quickly as possible.

The only way that I've found to do this is to work harder and take more swings. If you're struggling at the plate (and everyone does at times) you need to put in extra work with your hitting partner, coach, dad, brother, or anyone who is willing to hit with you.

This works for two reasons. 1) The extra repetitions improve your skill...that's why we practice, the more we do something the better we get at it. And 2) it's great for your confidence. One of the best ways to gain confidence is to KNOW that you've been working hard to fix the problems you're having.

Tip #2

There are no magic “cure-all” drills.

One of the biggest problems with instruction in amateur baseball is that young players think “every time I don’t get a hit, I need to find a drill to fix the problem.”

That’s not exactly the case. While drills are definitely good for players’ development, and necessary in practice and instruction, they don’t always “cure” an 0 for 4.

Drills ARE a good thing when you are trying to work on correcting or improving a specific area of the swing. Just don’t rely on them as a crutch and have the mindset that “if I just find this ONE drill, my swing will be completely turned around and I’ll hit .750!”

Instead, have the mindset that you’re going to work hard and try to improve a little each day.

Tip #3

The best hitters have a partner that likes to hit as much as they do.

One of the key ingredients to being a great hitter is you must hit...a lot! The best way to do this is to find a partner/teammate/brother who likes to hit just as much as you do.

I've been a college coach for almost 10 years and all of the All-Americans that I've coached have had a partner that they would hit with before practice, after practice, and on off days.

This way they always have someone to throw BP and another set of eyes on their swing at all times.

If there is someone on your team who you know hits more often than you do, ask if they will call you next time they're going to hit.

Tip #4

If you have never gotten blisters on your hands, you haven't hit enough.

Really good hitters have really ugly hands. Why? Because they hit all the time and when you do that you're going to have blistered, callused hands...even if you wear batting gloves.

So, here's my challenge to you. Look at your hands. Are they pretty? If the answer was yes, you don't hit enough!

If your hands are covered in calluses that's usually a pretty good sign that you're on the right track.

Tip #5

Master hitting off of a tee.

I have never seen a really good hitter who isn't good at hitting off of a tee. However, I've seen lots of bad hitters who *think* they're really good but can't seem to consistently make solid contact when the ball is sitting on a tee.

The tee is not just a tool that little kids use. Big league hitters hit off of tees every single day.

The only way to be able to have success off of a tee is to be able to consistently repeat your swing. This is one of the great lessons that we can learn from using a tee.

If you're having problems squaring the ball up while it's on a tee it means that there are mechanical issues in your swing that don't allow you to repeat a consistent contact position.

Tip #6

Don't be satisfied with being the best hitter on your team.

If you have aspirations of being a professional baseball player, and you think you have the ability to do it, there is a good chance that at sometime you will be the best hitter on your team.

Don't be satisfied just because you hit cleanup or in the 3-hole!

Your goal shouldn't be to be the best hitter out of the other 10-20 hitters on your team, it should be to be the best hitter in the city, region, state, or country!

If you are the best hitter on your team that's great, but don't be content! Keep working hard and remind yourself that there are kids all over the country who are working harder than you.

Tip #7

You need to practice hitting curveballs in order to do it in a game.

There are a lot of amateur hitters who aren't very good at hitting curveballs. It was a weakness of mine until the day I retired!

A lot of hitters will tell me they struggle hitting breaking balls and ask me for advice. I then reply by asking them "How often do you practice hitting curveballs?" The general answer...almost never!

If you want to be good at any skill it requires practice and hitting curveballs is no exception. So, if you're not great at hitting curveballs it could be because you don't practice enough and could benefit from more repetitions.

If you DO practice hitting curveballs a lot and still struggle with it the problem may be that you're not recognizing it early enough. That's where SeamTrak (SeamTrak.com) helps players develop their pitch recognition and recognize curveballs more quickly.

Tip #8

All great hitters have the ability to bunt.

Great hitters aren't always asked to bunt in a game, but they have the ability to do it if the coach calls on them to.

Being a good bunter is partly technique, but mainly desire to be a good bunter! It's a much easier skill than taking a full swing and squaring the ball up, but many players can't do it because they don't want to practice it because they're "too good" for it.

Realize that being able to lay a sacrifice bunt down can be the difference in your team winning and losing!

Tip #9

Be a GREAT fastball hitter.

Ted Williams said it best when he said “You have to hit the fastball to play in the big leagues.”

There are a lot of things that hitting coaches disagree about, however, I don't think anybody would disagree with Ted Williams' statement.

If you want to play baseball at a high level (college/professional) you absolutely must be a very good fastball hitter.

That doesn't mean that you have to hit every fastball that the pitcher throws, but you do need to be able to square it up when the pitcher leaves one over the fat part of the plate!

Take pride in knowing that when the pitcher makes a mistake you're going to make him pay for it!

Tip #10

Never make the mistake of thinking you know everything.

Baseball can be a very humbling game. You can think you're on top of the world one day, and the next day feel like you're in a never ending slump!

The absolute worst thing you can do is think you've got it all figured out. Even managers in the big leagues who have been there for decades still learn things about baseball.

An "I know" type of attitude is not very conducive to learning as much as possible!

As long as you play, or coach, baseball you should have the goal to learn as much as possible. When I speak to other coaches it's easy to pick out the guys who are always trying to learn more from the guys who think they've got it all figured out.

There is a lot to learn this game and even if you study it for your entire life you won't know everything. Be a student of the game!

Tip #11

Stand in bullpens to get more reps and work on timing.

This is easy to do and pitching coaches and pitchers will usually welcome you to “stand in” during a bullpen. They like it because it makes the bullpen more game-like when an actual hitter is standing in the batter’s box.

It’s a great drill for hitters because it allows you to track pitches and work on your timing.

It’s always a good drill, but it’s an especially good drill if you haven’t seen live pitching in a while. Maybe it’s the beginning of the season, or maybe you’ve been out with an injury, but if you haven’t stood in the batter’s box for a while and seen live pitching standing in a bullpen is great for getting your timing back.

Tip #12

Be productive in the on deck circle.

As a coach, one of my biggest pet peeves is watching players absolutely WASTE their time in the on deck circle.

You should have a few goals for your time on deck.

- Get loose and physically ready to hit.
- Plan your approach and know what you need to accomplish during this at-bat.
- Get your timing down. Especially if this is your first at-bat off of a new pitcher.

Whatever you do, do NOT waste this time by looking at girls in the stands!

Tip #13

Watch Major League Baseball games.

One of the easiest ways to learn the game of baseball is to watch Major League Baseball games. If you really pay attention to the game you can gain a ton of knowledge from watching what the best players in the world do.

There are MLB games on TV almost every night for most of the year, so there is no excuse to not watch games!

Some of the things to pay attention to are: how players setup in their stance, what they do in different situations (sacrifice situations, R3 less than two outs, R2 zero outs, etc.), their pitch selection, and their swing mechanics.

Tip #14

Use metal bats during showcases.

Amateur baseball has turned into Showcase baseball. Instead of simply playing games in the spring and summer, players are now constantly going to showcases to show college coaches and professional scouts their skill set.

When you're at a showcase you should always use a metal bat. Your job at a showcase is to look as good as possible...trust me, you look better swinging an metal bat than you do a wood!

Metal bats are much more forgiving, have a larger sweet spot, and have more "juice" than wood bats. This one is a no brainer, if you're trying to stand out use the best bat that you have access to.

Tip #15

Don't blame the pitcher for "not throwing you fastballs."

Don't be the guy that strikes out and screams at the pitcher "Throw me a fastball!" His job is to get you out and he's allowed to throw whatever pitch he wants to do that.

Trust me, this only makes YOU look like an idiot!

I'm not saying that you should be happy about getting out, but tip your hat to the pitcher and have a better approach next time.

Tip #16

Focus on having quality at-bats.

You have one job as a hitter...to help your team score runs to win the game.

Focus on having quality at bats and helping your team create offense. This means that you can be successful even if you don't get a hit by advancing a runner, working the pitcher for a long at-bat, walking, taking a hit by pitch, and a number of other things.

Don't be outcome oriented, be process oriented! Once the ball leaves your bat you have NO control over what happens next except for how hard you run. If you hit a scorching line drive to SS and it gets caught, that's OK, you hit the ball hard!

Tip #17

Use the entire field.

Good hitters have the ability to use the entire field. That means they can pull the ball, use the middle of the field, and hit the ball hard the opposite way.

Having the ability to use the entire field makes the pitcher's job much more difficult! If he throws it inside, we have the ability to pull it. If he throws it away from us, we have the ability to drive it the other way. And, if he leaves it over the heart of the plate we can hit it from gap to gap.

All hitters who hit for a high average have the ability to use the entire field and your average will definitely rise when you become more of a complete hitter.

Tip #18

Practice your weaknesses just as much as you practice your strengths.

This is a big one!

Most players enjoy practicing the things they're good at, and don't like practicing the areas where they struggle. That's human nature, people like doing the things they're best at.

However, when it comes to sports, athletes need to make a conscious effort to practice their weaknesses just as much as their strengths.

For example, if you're really good at hitting, but you struggle with bunting, you need to make a conscious effort to improve your bunt game. Or if you're a great fastball hitter, but aren't very good at hitting curveballs, you need to take extra reps hitting curveballs.

The only way to turn a weakness into a strength is by practicing it...a lot!

Tip #19

Develop a pre-pitch routine.

People develop habits, or routines, because it makes them comfortable. That's why hitters should develop a pre-pitch routine. That means that you have a certain sequence of things you do before each pitch that prepare you and make you mentally ready.

Example: "Clear the mechanism" in For Love of the Game.

A pre-pitch routine can be anything as simple as re-tightening your batting gloves, taking a deep breath, focusing on the logo of the bat, or stepping into the batter's box the exact same way every time.

Whatever it is, you should use it to get into the habit of developing a routine.

Tip #20

Learn the difference between a good swing with bad timing, and a bad swing with good timing.

Hitting a baseball is very hard, and there are a lot of reasons we can fail to square it up. It's important that learn to realize exactly why we *did* or *did not* have success.

Just because you didn't square it up doesn't mean you took a bad swing, or that your mechanics are screwed up. You could have taken a great swing, but your timing was slightly off and that resulted in a foul ball.

On the flip side, just because you do hit a line drive doesn't mean that your mechanics were perfect. There are plenty of times when hitters get fooled by off speed pitches, but they're able to keep their weight back and not release their hands to the ball until it reaches the hitting zone.

The earlier in our baseball career we can learn the difference the better!

Tip #21

Take easy RBIs when the game gives them to you.

The only reason you're batting is to try to generate runs for your team's offense. There are certain times when the game gives you "easy RBIs" and you must take advantage of them!

When there is a runner on 3B and less than 2 outs it doesn't take much to get the RBI. Almost anytime that you make contact with the ball you're going to get the run in. To strike out in this situation is bad. To strike out *looking* is even worse!

Early in the at bat you should go ahead and change your approach. There is no reason to take huge swings in this situation and try to hit a 500 foot homerun. Focus on making hard contact through the middle of the field and you'll get the easy RBI.

Tip #22

Be able to honestly self-evaluate what type of player you are.

This is one of the hardest things to do as a player, but the sooner that you can do it the better.

A key to being successful is realizing your strengths and weaknesses. Being able to *honestly* self evaluate yourself is a necessity if you want to play this game at a high level.

For example, almost all young players want to be power hitters. As we all know, not everyone can be a real power hitter. So, if a player doesn't have the ability to hit the ball to the warning track, but he *thinks* he's a power hitter he's not going to have a lot of success because he's going to try to do things that he's not capable of doing well.

Another example is that lots of guys want to try to bunt for hit. However, a lot of the guys that really want to don't have the speed that is required to be a successful drag bunter.

Be honest with yourself when you're evaluating your performance in games and practice and develop a strategy that emphasizes your strengths.

Tip #23

Be open minded when you're getting instruction from parents, coaches, and instructors...they're trying to help you.

If I've seen it once, I've seen it a thousand times...when a young player is being taught by a coach, parent, instructor, etc. they want NO help!

Remember, these people are here to help you and make you better. No one is trying to adjust your swing because they think it's going to make you a worse player, they do it because they see an area where you can improve. Be open minded and listen to what they have to say.

Tip #24

Rest is good, but don't take an extended amount of time away from hitting.

It's great to take a break from hitting sometimes. It gives your body a chance to rest and your mind a chance to get away from it for a short amount of time.

Taking a day off from hitting each week, or every other week during the season is good for you. But, if you think you need 4 or 5 days off your swing is usually going to be off when you try to start hitting again.

If you feel like taking a break, that's perfectly fine. If you want to take an extended break I would recommend that you turn some of your off days into "light" days so that you get some rest, but your timing won't be off because you've still been hitting almost every day.

Tip #25

Compete with yourself in batting practice and drills.

One of the reasons that great hitters are great is because they are highly competitive and don't waste practice time. If you're taking a lazy approach in batting practice it's going to transfer over to the game!

One way to keep a sharp focus is to turn each round of batting practice into a competition, or game.

You don't always have to compete with your teammates, you can compete with yourself and challenge yourself to be better each round of batting practice that you take that day.

Or, you could keep a chart of how many line drives you hit in practice and try to beat your high score every time out. Having a high level of focus will help you get the most out of your practices.

Tip #26

Keep a video library of yourself hitting.

Almost all modern cell phones have a video camera in them. And people don't go anywhere without their cell phones! So, most people have access to a video camera at all times, or can get to one relatively quickly.

This leaves us absolutely NO reason to not keep a video library of our swing!

I would suggest having videos of your swing when things feel great and when you're hitting the ball really well. Then, whenever you feel like you're starting to struggle you can reference the video of when your swing felt great and cross-reference them.

Having a big library will be helpful so that you can track your swing over multiple seasons and years!

Tip #27

Don't make mechanical adjustments during games or at-bats.

Never try to make mechanical adjustments during a game! You will definitely have to make adjustments to your approach based on the opposing pitcher and what is happening during the game, but that is not the time to be thinking about your swing mechanics.

There is a time and place for changing the mechanics of the swing...it's called practice!

Tip #28

Work to become a better athlete.

What exactly does it mean to be a better athlete? It means we need to work to become faster, stronger, quicker, more agile, and more powerful.

We become a better athlete by strength training, fueling your body with the proper nutrition, and getting enough sleep just to name a few. If you notice, these are the things that happen outside of the field that dictate how we perform on the field.

One of the great things about baseball is that it's a skill sport where you don't have to be the biggest, fastest, strongest athlete to beat your opponent. However, if you can increase your size and speed while keeping your skills constant (or improving them) you will most definitely see improvements on the field!

Tip #29

Work hard to get faster.

You may be asking yourself “what does my speed have to do with hitting?” The answer is pretty simple. The faster you are, the more hits you’re going to get...plain and simple.

College baseball is about 14 weeks long. If you can leg out one extra infield single per week your average will rise around 50 to 70 points! There’s a pretty big difference in batting .330 and .400.

Even if you’re not one of the “speed guys” on your team you can still benefit from improving your speed. This isn’t only for the guys who can steal bases, it’s for everyone.

Being faster will help you get more hits, will put more pressure on the defense, and will make the pitcher nervous when you’re on base.

Tip #30

Remain balanced throughout your entire swing.

One of the biggest problems young hitters have is remaining balanced throughout their swing. They either A) swing so hard they fall all over the batter's box, or B) don't swing hard enough to maximize their full power.

Players should swing as hard as they can until they begin to lose their balance or swing mechanics. Once either of those things happens they need to pull the reins.

It is hard to consistently make solid contact in a game setting when players don't have balance throughout your swing. Your goal should be to swing hard and remain balanced.

Tip #31

Take pride in being a great base runner.

I've already mentioned a few times that the goal of an offense isn't to get hits...it's to score runs! If you want to help your team win games you need to be a good base runner.

This doesn't mean that you have to be extremely fast. There are plenty of great base runners who have average speed.

Being a good base runner consists of anticipating plays before they happen, getting good reads on hit balls, and knowing the situation.

As soon as you get on base you're not a hitter anymore, you're a base runner so you need to switch your mindset to doing whatever it takes to score.

I've seen a lot of players make bonehead mistakes on base because they were mad they reached on an error instead of getting a hit and that is just plain selfish!

Tip #32

Hit with wood bats in the off-season.

Wood bats are becoming more popular each year in amateur baseball. Most kids like hitting with them because it feels cool and makes them feel like they're a Major Leaguer.

It's also a great training device though! Wood bats are more difficult to hit with than metal because they're heavier and the sweet spot is smaller, meaning that you have to be more precise when you hit.

Swinging a heavier bat will help you develop strength through your hands and wrists which is a great place to be strong for a hitter. And the smaller sweet spot challenges hitters to have better hand/eye coordination.

Tip #33

Simple is better.

When it comes to swing mechanics simple is better...every single time!

As a hitter we want to build a swing that allows us to consistently give ourselves the best chance of hitting. Simple swings are much better at this than complicated ones.

A "simple swing" is one where there isn't a whole lot of wasted, extra movement...we can call this "flare!"

Hitters add "flare" to their swings for one reason...because they think it looks cool. It actually doesn't make them a better hitter at all

I'm not saying that you should do away with all movement in your swing, it's good to have some rhythm, but eliminate all movement that isn't necessary.

Keep it simple! When it's simple it's easier to repeat and harder to screw up!

Tip #34

Strive to be a complete hitter.

The term “complete hitter” really refers to a hitter who is really well rounded and can help his team generate offense many ways.

Hitters who have only one strength are easy to pitch to. When opposing teams find their weakness they attack it every at bat.

Complete hitters have the ability to hit for average, take HBPs and walks, hit for *some* power, use the entire field, and be a threat while on the bases.

This takes a lot of work and isn't easy to do, but if you are a complete hitter the coach will be writing your name on the lineup card almost every day!

Tip #35

Develop your pitch recognition.

Pitch recognition has been almost impossible to practice in the past unless you were getting live at bats against a pitcher. There's no other way to simulate a spinning ball coming at a batter. Until now!

SeamTrak allows you to train your eyes, and your brain, on pitch recognition from almost anywhere. All you need is a device with an Internet connection and access to SeamTrak.

A few of the things you'll learn is how to tell the difference between a 2 seam and 4 seam fastball, the difference between a fastball and a changeup, the difference between a curveball and slider just to name a few.

SeamTrak is going to change the way that hitters train their pitch recognition in a big way in 2015!

Tip #36

Study how pitchers attack similar hitters in your lineup.

Everyone has habits or tendencies...everyone, no exceptions! In amateur baseball pitching coaches *usually* call the pitches and they have tendencies too.

We should try to pick up on these to give ourselves an advantage in the batter's box.

For example, if the leadoff batter of the game is a fast, scrappy left handed hitter who is a good bunter and I'm the same type of player batting in the 8 hole I should pay attention to how the pitcher attacked the leadoff batter. The odds are pretty good that he's probably going to pitch me very similar to him!

Picking up on small things like this can make a huge difference.

Tip #37

Know your strengths and weaknesses.

One of the previous tips was about practicing your weaknesses as much, or more, than your strengths. Another tip was being a good self-evaluator. This ties in directly with those two.

Imagine a basketball team that is made up purely of 7 footers. If they think that their strengths are shooting 3's, they're probably not going to win many games!

The same holds true for baseball. If we *think* we're a power hitting team but reality is that we have 1 player who can hit balls out in BP we're not going to have a very successful season.

We must *know* our strengths and weaknesses. Nothing is wrong with not having much power on your team. But it does mean that you have to generate offense other ways by bunting, stealing, situational hitting, etc.

Learn your strengths and weaknesses as an individual and as a team. If you're not sure what they are ask the coach...he can definitely tell you!

Tip #38

Don't use a bat that is too big.

This tip is directed towards younger players, but it can apply to players who are even in high school.

When we're young we want to swing the biggest bat possible because we think it's going to make us hit the ball farther than a smaller bat.

The only problem with that theory is that we have slower bat speed with bigger/heavier bats than we do with bats that are the correct size.

We should NEVER sacrifice bat speed for a larger bat!

When you can move to a larger size bat and keep the relatively same bat speed then it's ok to make the move. If there is a noticeable difference it's best to choose the bat that gives you the most bat speed.

Tip #39

Take HBPs.

To a lot of players this may not sound like a whole lot of fun, however, taking HBPs can create a lot of momentum for our offense.

I'm not suggesting that you go out of your way to get hit, or don't protect yourself. I'm a huge advocate of being safe and if a ball is coming anywhere near your head **GET OUT OF THE WAY!** If a ball is going to hit you in the hands **PROTECT THEM!**

However, if a ball is going to hit you in the back, legs, or butt your job as a hitter is to create offense and taking an HBP for the team definitely creates offense.

It also deflates the opposing team. I can't count how many clip boards I've seen pitching coaches break after their pitcher hits one of our batters!

Tip #40

Put a thin layer of athletic tape around the barrel of your bat to find where you are making contact on the barrel.

Whenever you buy a brand new bat you can see the ball marks on it from where you hit after the first few batting practice sessions. After a while, there are so many marks you can't tell which ones are new and which ones are old.

I suggest putting a thin layer of athletic tape around the barrel of your bat so that when you hit you'll be able to see where on the barrel you're making contact.

Hopefully all the ball marks are right around the sweet spot. If they're not it just means that we aren't consistently getting to a good contact position or our timing is off.

Tip #41

Never strike out looking when there are runners in scoring position.

Everyone strikes out, that's just part of the game. However, the worst time we can strike out is when there are runners in scoring position. We have got to do everything we can to try to get the runners across home plate.

Even worse than striking out, is striking out looking in this situation! We have to change our approach and do everything we can to make contact with the ball and put pressure on the defense.

Don't make it easy on them...do everything in your power to force the defense to execute a play!

Tip #42

You are your own best hitting coach.

All good hitters hit by themselves pretty often (remember earlier when we talked about mastering hitting off of a tee). There is NO ONE who should know your swing better than you.

Sure, coaches are there to help instruct and point out flaws in your swing that can be improved, but ultimately you're in charge of it!

If you make it to the big leagues and have a bad season and hit .135 you're going to be the one that gets moved back down to the minors, not your hitting coach!

Use all the resources you have like your parents, coaches, and teammates, but know that at the end of the day your success and failure depends on YOU! Learn your swing...know *everything* about it and know how to make adjustments to it.

Tip #43

You must hit outside of scheduled practice.

If you want to reach your full potential as a hitter you're going to have to hit a lot...we've already been over that a few times!

So, if you only hit when you're at your team's scheduled practice you're not getting enough swings in. Going to practice is the bare minimum and everyone does it.

To excel and become a great hitter you're going to need to work more than the bare minimum. In fact, you're going to need to work MUCH more than the bare minimum.

Most of the very good hitters that I've played with or coached usually hit before and after practice. They would even hit after games if they felt like there was something that needed to be worked on.

If you think by just showing up to practice that you're "getting ahead" you're dead wrong. You must hit outside of the scheduled practice time to reach your full potential.

Tip #44

If you need help hitting through the ball, use some resistance.

Resistance drills are some of my favorite drills as a coach. When a player is having a hard time getting extension and hitting *through* the ball we will do some of these drills.

The idea is to hit something heavier than a baseball that provides resistance...the same concept as lifting weights.

I would suggest hitting partially deflated basketballs for older players, or soccer/volleyballs for younger players. The resistance of the bigger/heavier ball is going to make the bat recoil after contact. The job of the hitter is to drive through the ball and not let the bat bounce back.

It's a great drill if players need to work on keeping their bat in the hitting zone longer or getting more backspin.

Tip #45

The ball never lies.

In the last tip we talked about getting backspin. When the ball has backspin it carries further. Our goal is to ALWAYS hit balls with backspin!

The opposite of backspin is topspin. Topspin is when the ball tumbles to the earth and as a hitter this is NOT what we want.

Pay attention to the balls you hit in batting practice because they don't lie! If they have backspin and are carrying well your swing mechanics are probably ok (sure, they can always be improved, but you're doing the right things). If all your balls have topspin there are some adjustments that need to be made.

It's just like a golfer going to the driving range. If he keeps slicing the ball it's because of an error in his swing. The same thing holds true for baseball. Watch how the ball spins after contact and make it your goal to hit balls with backspin.

Tip #46

Look like a hitter.

There's an old saying that goes like this:

"If you look good, you feel good. If you feel good, you play good. If you play good, they pay good!"

While it's somewhat of a joke, there is actually some truth to it. You need to try to look like a good hitter.

What does a good hitter look like? I'm glad you asked!

- His uniform fits right
- He wears his hat/helmet correctly
- His shirt is tucked in
- His uniform is clean
- He walks around with confidence

Now I'll be the first to admit, those things don't guarantee success. However, when a college coach or scout walks into the ballpark to watch a game it's usually very easy to tell who the best player on the field is by the way he carries himself.

Tip #47

Study MLB hitters' swings on YouTube.

One of the great things about the Internet is that you can find almost anything you want. Luckily for us, there are a lot of people out there who enjoy posting video of MLB hitters' swings on YouTube.

You can do a search for “your favorite hitter swing analysis” and find some really interesting videos.

Like everything on the Internet, some of the video reviews will be by highly qualified people, and others will be posted by people who have no business giving hitting advice. So, don't just blindly believe everything you see or hear on YouTube, but study their swings and draw your own conclusions about what makes them successful.

Tip #48

Pregame batting practice is preparation, not an indicator of success.

Pregame BP is not an indicator of success. That means that if you have a great round of BP you're not guaranteed to get four hits. And if your round of BP stinks it doesn't mean that you can't go out and have a great game.

It's just preparation to get ready to play the game!

A lot of times players defeat themselves before the game even starts because they think "My BP wasn't very good today...I'm going to play awful today!" That's not the correct mindset at all!

Whether your pregame BP is excellent or awful it doesn't matter once the game starts. Nobody keeps stats of how many hits you get *before* the game!

Tip #49

Confident hitters are good hitters.

When players play with confidence it really shows to everyone who is paying attention.

However, playing with confidence doesn't just happen when a dad screams from the stands "Come on Johnny, have some confidence out there!"

If you go to 100 games this baseball season I put my personal guarantee that you'll hear that phrase at EVERY game..."Have some confidence!"

Confidence doesn't come from someone screaming at you. It comes from preparation. Here's an example. Think of how it feels when you didn't study for a test and you sit down with your #2 pencil...not a very good feeling. But, when you have prepared (studied) for the test you walk in the classroom feeling like a million bucks.

Moral of the story? If you put in the preparation (hard work) required to be successful you will know it deep down inside of you and you'll be confident about yourself.

Tip #50

All good hitters train with SeamTrak.

Well that's not completely true...yet, but it may be soon!

SeamTrak really is a unique tool that allows hitters to get hundreds of virtual at bats in as little as 20-30 minutes.

By teaching players to train their pitch recognition and recognize the spin of different pitches more quickly gives SeamTrak users an advantage over those who don't train their vision.

For more info about SeamTrak, or to gain access visit SeamTrak.com

(You knew I was going to plug SeamTrak at least twice in this eBook!)

Thank You...again!

I hope you enjoyed the 50 hitting tips in this eBook and have found some useful information that you can use to help take your game to the next level.

I know you've already been to SeamTrak.com (it's where you downloaded this book!) and I hope you've decided to start taking advantage of the SeamTrak pitch recognition software.

If you have any additional questions about SeamTrak please send me an email at info@seamtrak.com

Xan Barksdale
Founder of SeamTrak