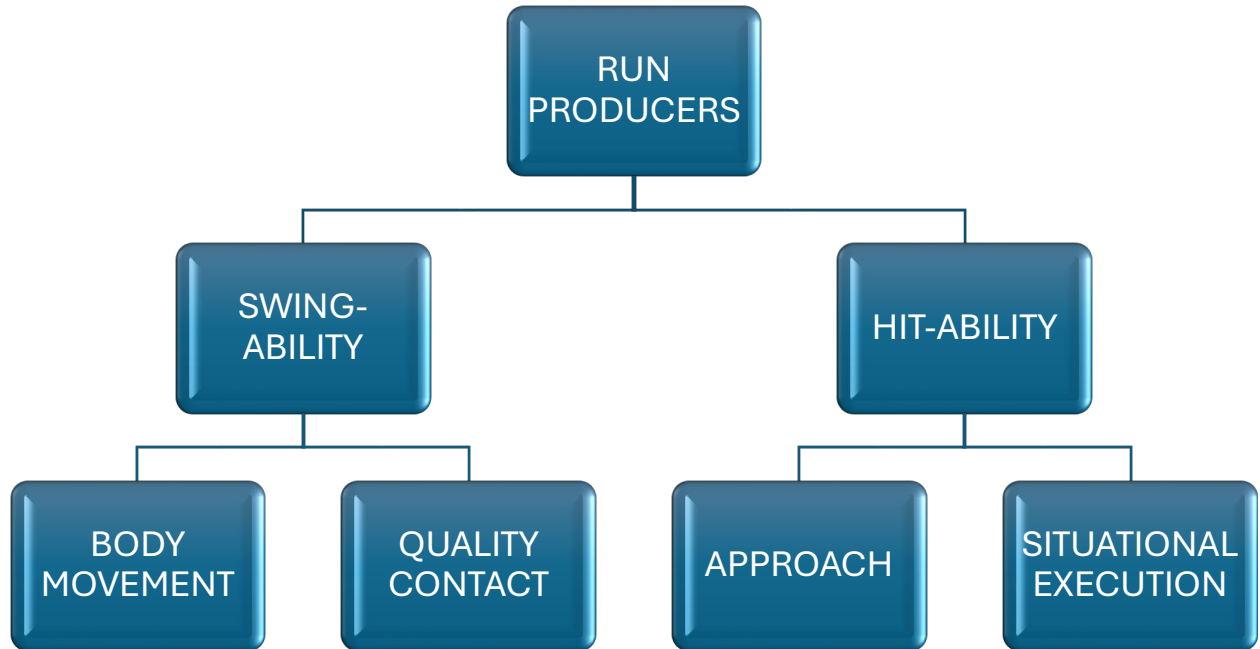


Hitting: Clarify the Mess
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TRAINING ENVIRONMENTS

SWING-ABILITY

Swing Characteristics...what's really important?
Training Environments
Know Thyself

HIT-ABILITY

Approach
 Know Thyself/Know Pitcher/Know Zone
 Training the Approach
Situational Execution
 Hitting with 2K
 Physical/Mental Adjustments
 R2, 0 out....a coach's decision
 R3 < 2 Outs
Training Environments for Situations

WE ARE CAREER EXTENDERS!!