



# FURY FASTPITCH

## **JOURNAL ENTRIES** *IN PURSUIT OF EXCELLENCE*

One of the things that most people don't do enough of is to reflect on their own performance.

Did you know that the most successful people in any field always try to learn from what they did and reflect on it all the time (good or bad) to try to be even better next time?

Hitting is such a difficult skill that if you improve even a little tiny bit, your performance will increase.

One of the best ways to analyze your performance is to go beyond the basic stats and look at the overall performance by journaling (recording your thoughts) after every practice or game and trying to pick trends (good or bad) and learn from them by adjusting your hitting.

Then, after each game, only take a couple of minutes to write down a couple of lines about your hitting. You can use the journal to jot down other aspects of your performance as well!

Here are suggestions of what you should write about:

- ❖ Plate discipline
- ❖ Hitting the ball to all fields – hit it where it was pitched
- ❖ Swing Mechanics – balanced, connected & on-plane, hands back, etc.
- ❖ Situational Hitting – hit to the right side with a runner on third base
- ❖ Confidence – were you convinced you were better than the pitcher
- ❖ Things that you feel you are doing very well
- ❖ Things that you can improve
- ❖ Pick one thing to emphasize during the next game

Journaling about your hitting will force you to actually think in terms of the process and not in terms of the outcome. Always remember:

**You control the process but you don't control the outcome.**