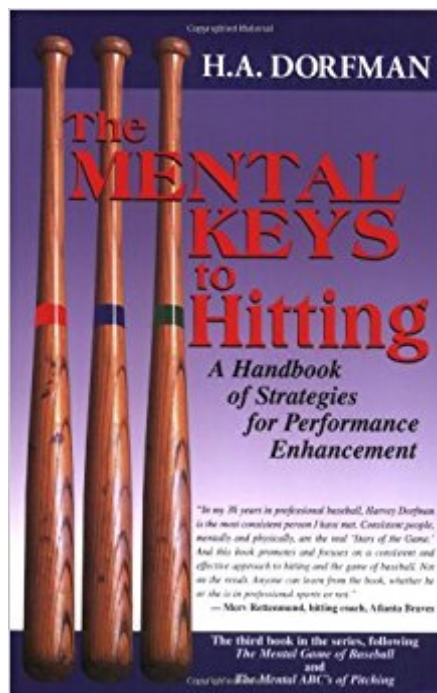




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# The Mental Keys To Hitting: A Handbook Of Strategies For Performance Enhancement



## Synopsis

This is the third book in the popular series by H.A. Dorfman. It outlines the mental discipline and practices necessary to become a better hitter.

## Book Information

Paperback: 129 pages

Publisher: Taylor Trade Publishing (April 1, 2001)

Language: English

ISBN-10: 1888698381

ISBN-13: 978-1888698381

Product Dimensions: 6.1 x 0.4 x 9.2 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (47 customer reviews)

Best Sellers Rank: #153,243 in Books (See Top 100 in Books) #30 in [Books > Sports & Outdoors > Coaching > Baseball](#) #128 in [Books > Reference > Encyclopedias & Subject Guides > Sports](#) #147 in [Books > Sports & Outdoors > Miscellaneous > Reference](#)

## Customer Reviews

The Mental Keys to Hitting is the Greatest most user friendly baseball coach's book ever. I thought the mental aspects of Seeing the ball were extremely effective. Most readers reading this review might think that every player is seeing the ball properly. Players do not see the ball as well as they should because they have never been taught the proper mind set of seeing the ball. Coaching hitters to see the ball is one of the most important things a coach can teach his players. This is absolutely not coached at any level of youth baseball. Mr. Dorfman does an excellent job of explaining this simple but often overlooked method of batting. I have bought The Mental Game of Baseball, The Mental Game of Pitching, and The Mental Keys to hitting. These three books are the TOP Three baseball coaching books ever written. I highly recommend this book and the other two books by Mr. Dorfman. This book will teach you the coach how to apply these mental principles to help you to effectively coach your youth league baseball team.

The first chapter, about seeing the ball, makes this book worthwhile for anybody. The author makes a good point about hitters worrying too much over minor mechanical details when tracking the ball is so important. Having said that, this book is about the mental aspects of hitting and assumes that you already have decent mechanics. If you are a high school level player or beyond, there will be useful

information here. If you're a coach of youth teams, reading this book will help you better coach your hitters. There aren't many specific swing techniques, but the book is full of advice from the mental aspect of the game. Similarly, there aren't many detailed practice plans, but rather a good discussion of attitudes and how to approach practice time. You, as the youth coach, should be using these mental techniques to help your young hitters cope and adjust. Hitting a baseball is one of the most difficult things to do in sports. That requires both physical and mental skills to perform at peak capacity.

My son and I read this book together, since he is only 12 years old. He found it very helpful and has already put some strategies to work.

Know a hitter who has great mechanics? Does well in practice, but seems to struggle during the games? Then this might be the book you need. Perhaps the best book on the subject. It can certainly help a player develop an approach to hitting that is likely missing--or at least improve one. Similar concepts can be found in "The Mental Game of Baseball" but it is worth reading both. This book just focuses and expands on the hitting area.

For some hitters the battle against the pitcher and the defense is lost well before the ball is pitched. As a former head coach and now a hitting instructor at the semi-pro level, I have always been on the lookout for keys and prompts to give to my hitters to clear their mind of everything but a concentration on the ball and solid contact. This book gives me those cues in a simple to understand, and more importantly, a simple way of presenting those mental reminders. I particularly like the three simple questions to ask the hitter after every at bat. "What were you trying to do?", "What went wrong?", "What will you do next time?". The techniques suggested to get across to players the oft-repeated theme of this book - "see the ball and be easy!" are easy to understand and implement. I have been much more confident in my ability to get that message into my players' heads after reading this book.

I take this book with me in my baseball bag when we go on road trips for consultation after a poor at bat. It is by far the best hitting instructor I have ever had.

My hubby is using this book to help our son be in a better state of mind when it comes to his play. The information is organized well and the suggestions are very helpful. We reference this book quite

frequently throughout the baseball season.

Can't say enough about this author or this book. We bought everyone on our 14u travel team a copy, assigned them three chapters a week, and after the first week most of the boys were already reading ahead and talking about it among themselves. The author keeps his lessons simple and direct and backs them up with examples from the major leaguers he's worked with. We strive to make our players as independent as possible at this age, and this is a great way for them to develop a consistent mental approach to their at-bats and to understand how to set goals, self-coach, and manage expectations. Every serious baseball player from 12 on up should read this book.

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