

## Visualization Script for Batting

*This is a simple script you can use to introduce yourself to visualization practice. Find a quiet, distraction-free place. You can either read over this script a few times and rehearse it from memory or you can have someone read it to you while you visualize. Take your time and use your own memories to add to this script. After a few days of 15 – 30-minute practice sessions, build on this script with props (like your bat and batting gloves), other scenarios (like different pitchers, counts, etc.) or challenges you would face when performing this skill.*

It's your turn to bat. You can hear the voices of your teammates, your coach, and the crowd cheering you on. You take a deep, calming breath and walk confidently to the plate. You know you're going to get a hit.

You step into the batter's box and feel the dirt beneath your cleats. The bat is held firmly in your hands. You take a few practice swings. The bat feels light as it glides smoothly through the air.

You step into place and watch the pitcher go into his windup. He throws a high fastball and you watch the pitch go by you. You can feel the wind of the ball as it zooms into the catcher's glove. The umpire says "ball" behind you. You're ready for the next pitch.

The pitcher winds up again and this time you see the ball in perfect position. You step into the pitch, swing, and watch the ball as it makes contact with your bat. You hear the pop of your bat as the ball rockets into the outfield. It's a perfect line-drive into the gap in center field.