Step #1: Remember The Good, Forget The Bad

When hitting, you should reminisce about great at-bats. Remembering yourself being successful can be a great tool as you are on the on-deck circle.

Step #2: Walk to the Plate with Your Head Held High

Did you know that good posture can boost confidence? One of the best ways to portray confidence is to learn how to show it with your body language.

Step #3: Be Fearless!

No matter how big or how small you are, its important to have no fear of the pitcher. Make them fear YOU!

Step #4: Have A Routine At The Plate

You’ve seen all the big league guys, they do the same things and they have the same rituals every time they step into the batter’s box. There is a reason they do this, it builds confidence and adds a level of consistency and comfort. Baseball players play the best and hit the best when things feel routine. Nothing is more routine than doing the same thing every time you step into the box.

Step #5: Visualize Success

This last one is the best because it can be done at any time of day, even outside of baseball. Learn to visualize positive outcomes in your spare time. Your brain can’t distinguish the “imagined home-runs” for example from the “real home-runs.” What that means is that eventually it can feel like you have done it before and the brain tricks the muscles into feeling like they can do it easily.