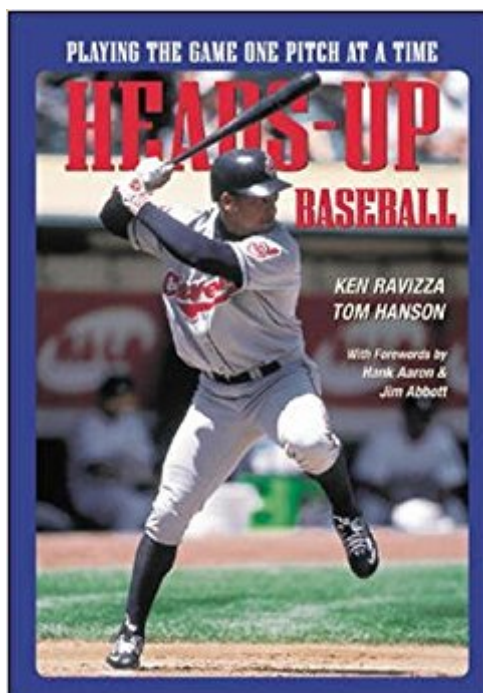


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# Heads-Up Baseball : Playing The Game One Pitch At A Time



## Synopsis

"This book provides practical strategies for developing the mental skills which help speed you to your full potential."---Dave Winfield What does it mean to play heads-up baseball? A heads-up player has confidence in his ability, keeps control in pressure situations, and focuses on one pitch at a time. His mental skills enable him to play consistently at or near his best despite the adversity baseball presents each day. "My ability to fully focus on what I had to do on a daily basis was what made me the successful player I was. Sure I had some natural ability, but that only gets you so far. I think I learned how to focus; it wasn't something that I was necessarily born with." -- Hank Aaron "Developing and refining my mental game has played a critical role in my success in baseball. For years players have had to develop these skills on their own. This book provides practical strategies for developing the mental skills that will help speed you toward your full potential." -- Dave Winfield

## Book Information

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## Customer Reviews

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I've played a lot of baseball and over the years I've learned a few things about staying focused and so forth but I could have never put it into words and strategies the way Tom Hanson did in this book. I am thoroughly enjoying this book and it is filling my head with ideas on how to help my players. This book presents simple and concrete strategies for improving players' mental focus and process

during practices and games. This is a book I will read more than once. I already restarted it once because there were so many good points that I wanted to highlight for later reference. I seem to highlight about 1/10 of every page. The book is actually written primarily for players and has worksheets and so forth to engage the reader and make them active in the process. My players are 7 and 8 so I cannot have them read it but I've recommended it to their parents because some of the strategies at the start of the book are relevant for being a successful person, not just a successful athlete. In many ways these really young players are the ones that need these lessons the most but they lack the attention span for a book like this. Maybe when they are 12. I am enjoying using small doses of it with my players and I am looking forward to what the long term impact of these lessons will be for these boys.

I never read the book, but my son (14) read it in a few days last week and then he went 4 for 5 that weekend. That ended a huge slump for him. I'm not sure what the book did for him, but when I asked, he said something about humming tunes, breathing techniques, confidence, and routines. He also was doing something funny with his glove. He called it part of "his routine". My son could hit in the batting cages and practice but not so well in the games. That changed this last weekend. Only difference was this book. But could be coincidence. Will see over the next few weeks. His coaches and hitting coach always tell him his problem is in his head. Sounds like a common problem for all baseball players from little league to Major Leagues.

This is a great book-easy read. If you want to bring your playing or coaching to another level, this helps with the mental part of the game. It is an easy read. I learned about this book from a sports psych training. It brings into focus what happens when we don't let the game end and continue to stew. I recommend this from 12 years and older.

My husband loves it

I've given this book to my teenager Daughter to read and they understand how to apply the principles. They enjoy the book and I devoured it as a parent. It is one of two books I keep on the desk at all times. This was a required reading for My daughters travel team they do book work everyweek. I am ordering more of them for other coaches and parents.

Excellent book!

If your kid is in Baseball, Softball or any sport, this is the book you want to get for them. Great muscle memory ideas and methods to get to the next level. Highly Recommend it!!!

Maybe the best books for young ball players. I want my son reading it once per month as long as he plays. Incredible content and nuggets to pick up each time you read. Cannot possibly read enough and absorb all the information. Like a baseball "bible" of sorts. Application to all sports and frankly life in general.

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