

the swing thought.

@APPLIDVISIONBASEBALL

A simple trick to keep your mind empty with calmness and toughness that pro hitters use is the **"Swing Thought"**.

A one or two-word phrase, said repeatedly like a mantra to reinforce the approach.

**"Drive it,
drive it."**

**"Stay back,
stay back."**

**"See it,
see it."**

**"Be quick,
be quick."**

**"Kill it,
kill it."**

**"Be ready,
be ready."**

