

swing trigger

@APPLIDVISIONBASEBALL

In order to be on time with an elite-level fastball, the hitter must assume the next pitch is going to be a strike.

Don't think "if" it's a strike you're going to swing. Assume the next is going to be the best pitch you'll see all day!



Hitters - we have to be thinking:

"**Yes, yes no.**"
on a ball.

"**Yes, yes, GO!**"
on a strike.

Start on time to be on time.

do not get cheated by the fastball

Keep your finger on the Swing Trigger!