



The Most Important Pitch in Baseball

THE NEXT PITCH

Winning the next pitch is more of a mindset than anything else. Players tend to overcomplicate way too much in the game of baseball. The game gets moving so fast and it is very hard for a player to slow down his thought process. Generally, this is when we make a mistake or an error and the game spirals out of control.

Winning the next pitch is a simplifying idea. The next pitch is the most important thing occurring at that moment. Whether you had success on the last pitch or you failed, it no longer matters. The past doesn't affect the future. We might be able to use information from the past to help dictate how to win the next pitch, but we can't allow something negative or positive for that matter to influence our next decision or action. This is so much easier said than done.

There are many influences both positive and negative that will affect our next action in the game of baseball. Umpire doesn't give me a call and I get upset. Error in the field in a crucial situation. Big strikeout with the bases loaded and one out and I let my foot off the gas pedal and now I make a mistake and give up an easy hit. By focusing only on winning the NEXT pitch, we eliminate those past influences. We keep our thinking very simple as to how can we win the next pitch. That win can come in many different ways: a strike, a ground ball out, executing a good 0-2 pitch that just barely misses. It all depends on what you are setting out to do with that pitch. But if you are just thinking about how to win the next pitch of the game, you are simplifying your thought process into a way that most people can succeed.

Don't try to win the at bat, win the inning, or even win the game. Simplify it to the point that you are focused on winning each pitch and you are fighting for the little wins. Because if you win enough of the little battles in the game of baseball, then you will put yourself in a great position to win the game.