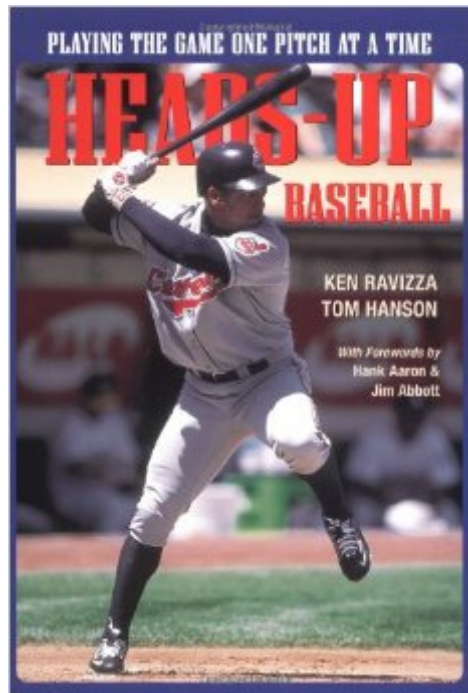


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Heads-Up Baseball : Playing The Game One Pitch At A Time



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

This will be short and sweet. I coach a college softball team. This is mandatory reading each year for my team. We study it as a team. I believe the mental aspects of the game are of utmost importance, usually being the difference in championship caliber contests. This book not only addresses with an easy-to-read approach, it provides exercises, that if taken seriously, give athletes a means by which to measure their mental progress. I give this book my complete endorsement. By the way, my team won the junior college national championship. I relate this not to brag, but rather to substantiate this book. We defeated a team (twice) that was physically our superior. We beat them mentally.

I teach high school sports psychology and have used this book as a text on several occasions. I now make it mandatory for all of my softball and baseball players as additional reading. Their feedback has been nothing but positive regarding performance enhancement. I strongly recommend this user-friendly text for any sport!

I feel compelled to comment on this well written and insightful reference because Ken and Tom put together a truly masterful work on the "game within the game". Never have I read a more thorough and complete account of the mental game of baseball (I just wish I had it when I was playing!). The mental issues and techniques they write about are a must for everyone from the casual fan to the serious player. The two have even designed blocks of information specifically aimed at coaches in an easy to find and read format. Included in the book are mental exercises and discussions with many baseball legends.

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.

I've given this book to my two teenagers 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. The other one is on mechanics. I am ordering more of them for other coaches and parents.

I want to both congratulate and thank the authors for this penetrating and truly functional book. It joins insight to instruction, and has applications far beyond baseball. It breaks the mental aspect of the game down just as one would analyze a swing, and offers concrete methods for correcting flaws typically viewed as abstract. The information in this book is essential to playing the game.

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.

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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