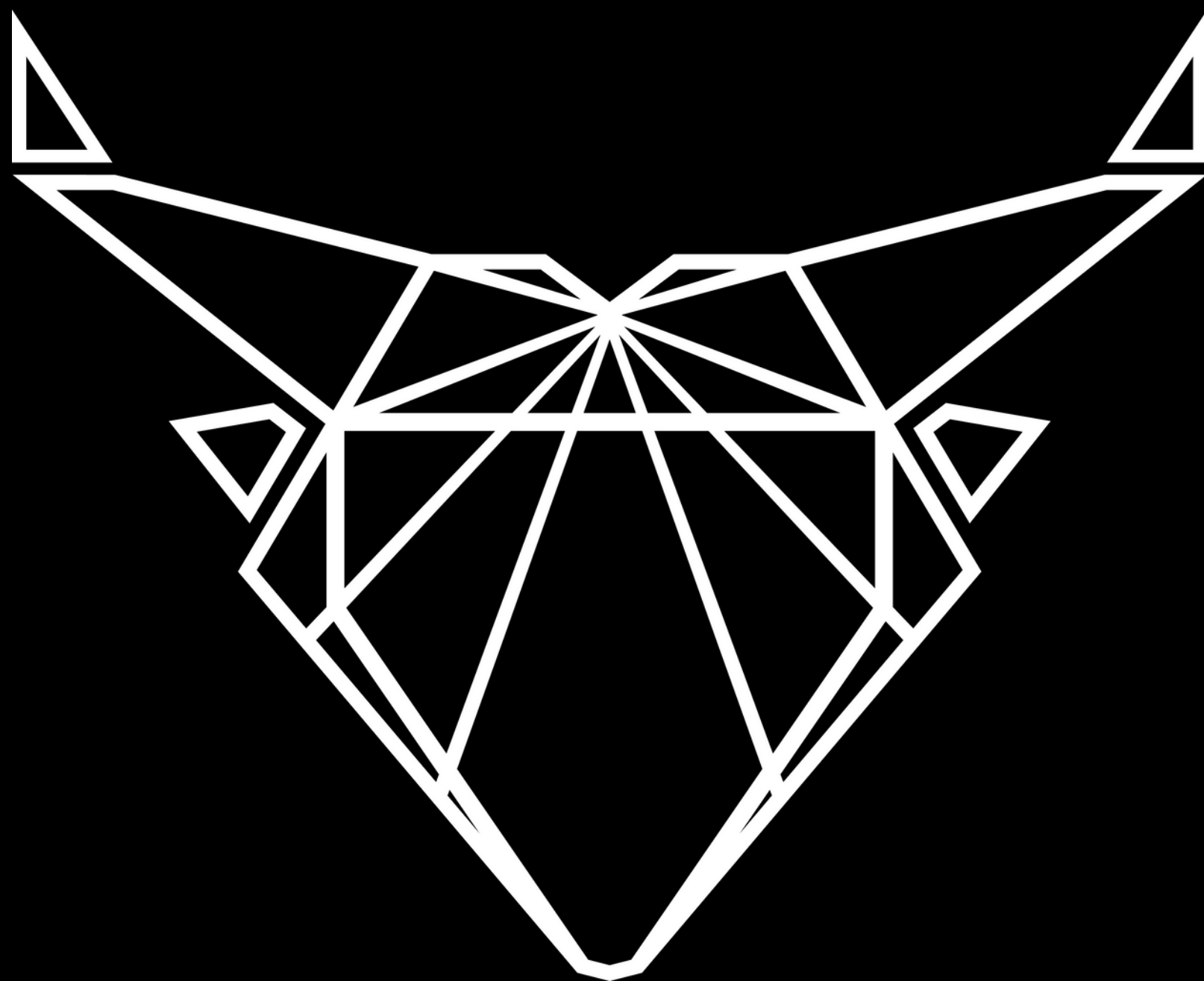


# RAW MVMT

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## HITTING LOG



AN ACCOUNTABILITY SYSTEM DESIGNED TO CONDITION A  
POSITIVE HITTING MENTALITY AND GET YOU OFF MENTAL  
CRUISE CONTROL

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#RAWMVMT  
#RAWMVMTHittingLog

CREATED BY:  
**COACH CHRIS DIBLASI**

# A NOTE FROM COACH CHRIS

Throughout my years as a hitting instructor, I have conducted thousands of lessons and worked with hundreds of hitters. I have seen every style of swing imaginable; worked with powers hitters, softball slappers, hitting-for-average hitters, etc. You name it, I have seen it. I have also experienced hitters with phenomenal swing control and precision in a cage during lessons, on-field batting practice, or even in soft toss, but struggle during a game. These hitters return to me after a weekend tournament often embarrassed, upset, depressed, quiet, angry, or even worse – with a list of excuses about why they didn't perform how they thought they should have performed.

During our time together, I will take them through a natural progression of steps to breakdown why certain things happen within their swing, their personal tendencies as a hitter, and what adjustments/focal points they could have done to improve their performance. 9 out of 10 times, these hitters can resolve their issues without me saying a word. And that last time? Sometime, a little push in the right direction gets them where they need to be.

99.99% of time, hitters end up proving to themselves that nothing was PHYSICALLY wrong with their swing during their at bats and it was simply their own mind that got in the way.

Have you ever tried something new as a hitter and it seemed to work PERFECTLY for the next week or so? Once the “newness” is gone, you fall right back into that slump you were in a few weeks prior, don't you? I believe that during the "newness" period, you are consciously aware of your actions and dedicating energy to those actions. Once you stop focusing that energy, and believe that your problem or swing is "fixed" you stop your mental practice and put yourself right back on cruise control.

Hitters need to continually incorporate mental and physical practice to keep both the mind and the body working together. Understanding how your mind works is just as important as understanding the physical components of your swing.

Remember – Hitters don't struggle because of their physical swing. They struggle when they let their mind take the wheel. The RAW MVMT Hitting Log is designed to keep you accountable and to condition you to stay consciously aware of where you are focusing your energy and help you avoid mental cruise control.

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#RAWMVMTHittingLog

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