

A QUICK TIP ON HOW TO HELP YOUR CHILD REDUCE NERVOUSNESS WHEN BATTING

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REPORT TO PEOPLE YOU KNOW!**

You are welcome to send this report to your family, friends, colleagues, and parents of your child's teammates. All we ask is that you do not modify, alter, or otherwise make any changes to this document. Thank you.

Many young kids have fears when they come up to the plate to bat. This fear can stem from any number of concerns such as:

- Getting hit by the ball and becoming injured
- Letting the team down if they strike out
- Looking bad because they don't have a pretty swing
- Getting yelled at by Mom and Dad on the drive home
- Getting laughed at by opposing players and their fans

These fears are very real to kids even though we, as adults, may not recognize them. If your child exhibits any of these behaviors then chances are that their fears are commanding their attentions rather than focusing on the batter's true job, which is hitting the ball hard. That's all they can control. Here are just some of the behaviors:

- Shaking and other outward signs of anxiety in the on-deck circle
- Crying on the drive home
- Body posture when up at bat which is indicative of being scared
- Talking about their fears, even exaggerating the imagined consequences

Remember that the subconscious mind has difficulty differentiating between what is real and imagined. This is even truer for young kids! If they imagine terrible consequences as a result of a poor at-bat, then they will help design such a reality.

WHAT DOESN'T WORK

Since young kids are driven by their emotions, many parents find it frustrating when they attempt to counter these fears with "logical" solutions. For example, if a parent has a kid who is scared of getting laughed at by opposing players (and even their parents and fans) then many parents attempt to use logical answers like:

- "It's ok. You will have another at-bat."
- "Don't listen to them."
- "All you have to do is hit a triple and you will shut those kids up."

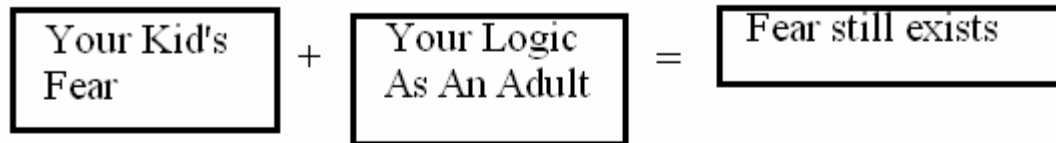
The problem with these well-intentioned statements is that the original fear is NEVER eradicated!

The lesson is: Most of the time, intense emotion CANNOT be overcome quickly and easily by logic!

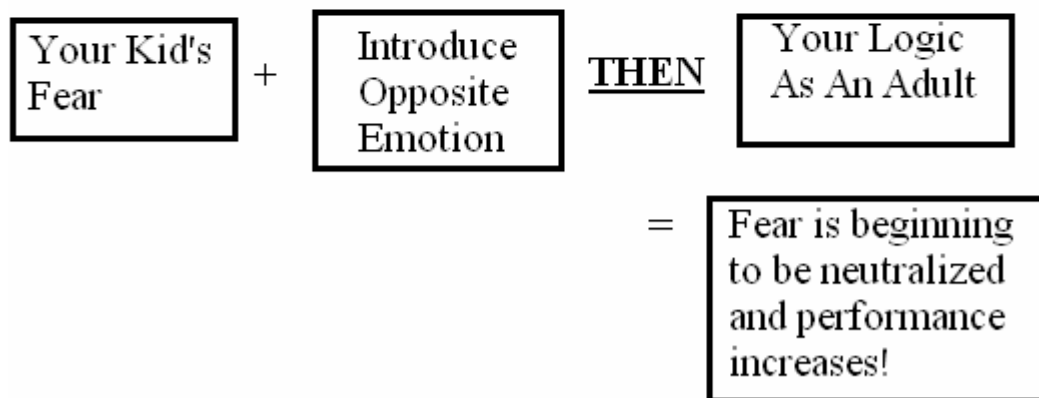
SO WHAT DOES WORK???

In any situation where intense emotion is present (such as your kid's fears when going to the plate) is to **counter that emotion with an OPPOSITE emotion FIRST.... THEN introduce your logic!**

WHAT DOESN'T WORK:



WHAT DOES WORK:



Using the example of the kid who doesn't want to be laughed at by the opposing team's players and fans, you would ask the kid what emotion is he or she feeling. The kid would tell you something like, "embarrassment." **THEN** ask the kid what he or she thinks is the **OPPOSITE** of embarrassment. The kid might take a few seconds and then say something like, "happy."

Here is the big technique you can teach your kids, if your kids were to use the terms "embarrassment" and "happy":

1. Ask your kid to remember a time when he or she felt "happy" **UNRELATED** to baseball/softball. This is important.
2. Have your child remember such a time and have your child touch his wrist or hand with one of his or her fingers
3. Take a 5-10 second "refresher" and then repeat steps 1 & 2 again.
4. Take another refresher and then repeat steps 1 & 2 again.

You could continue this indefinitely, but having your child recall 3 "happy" (or whatever the opposite emotion is) memories is a good place to start. What you have done for your kid is to

help them set an “anchor” which means that touching their wrist/hand will help them recall feelings of the positive emotion.

WHY DOES MY CHILD HAVE TO TOUCH HIS WRIST OR HAND?!?

While an “anchor” can be set anywhere on one’s body, touching the wrist or hand is recommended for one simple reason: your kid can do this while walking from the on-deck circle to the batter’s box AND NO ONE WILL EVEN RECOGNIZE IT!

Let’s say that you have your child recall “happy” (or whatever positive emotion) memories and touch his or her wrist 100 times. That would set an anchor for instantly recalling happy memories; but this does **NOT** mean that your kid will be “happy” when he or she goes up to bat. Instead, if your kid has fears about “embarrassment” and then touches her or her wrist in order to recall “happy” memories, the two emotions will begin to cancel each other out.

From there your kid will be more “neutral” when at the plate. In this case, being neutral is a **HUGE** step forward from being scared or thinking about embarrassment! Your kid will then be **MUCH** better prepared to do his or her job as a batter which simply is to hit the ball hard.

DOES THIS REALLY WORK?!?

All I can say is that in my experience, easy-to-use anchors work; and they work with professional baseball players. I have helped minor league players overcome hitting slumps in less than 30 minutes by teaching them about anchors.

I personally used anchors when catching an array of minor league pitchers in the bullpen, all of whom could throw hard. I set anchors where I would be in the catcher’s stance, awaiting a pitch, and set off an “anchor” I created to make me feel faster and have a quicker reaction time. Anytime I was catching a pitcher threw hard and/or had impressive breaking pitches I would use this anchor, and my fears were eliminated right away.

Consider this a free tip to help your kid improve his or her game. The best part is that the “anchor” doesn’t go away after the baseball season! If your kid is scared about an upcoming test at school, he or she can use the same anchor (or you can set a new one) and increase your child’s confidence during tests, homework, public speaking, or any other stressful situation that he or she faces in school.

So not only can anchors help your kid at the plate, they also can help in his or her report cards!

There are dozens more useful tips in the book, “Youth Baseball Parents.” In order to get the book, and help you have a better experience being a youth baseball or softball parent, then go to:

<http://www.YouthBaseballParents.com>

Thank you for your time and you are welcome to send this free report to your friends and other parents on your kid’s team.

Sincerely,

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