

A DECISION-BASED HITTING SYSTEM

THE HITTER'S FIELD GUIDE

- 👁️ WHAT TO **LOOK FOR**.
- 🕒 **WHEN** TO LOOK FOR IT.
- ▶️ WHAT TO DO **NEXT**.

📊 PITCH TYPE

📏 LOCATION

🕒 COUNT

⬡ SITUATION

— SEE IT. **DECIDE**. EXECUTE. —

HITTERSIQ

BOOK 2

The Hitter's Field Guide

What to Look For. When to Look For It. What to Do Next.

This lives:
In the bag.
In the dugout.
Between innings.

OPEN IT · USE IT · CLOSE IT · GO EXECUTE

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SECTION 1

This Is Not a Reading Book

This is a tool. Not a textbook. Not a coaching manual you sit with for an hour. A tool — the kind that lives in your bag and gets pulled out when you need an answer fast.

The game doesn't pause for you to think everything through. Between innings you have 90 seconds. Between at-bats you have less. This book is built for those windows — short, specific, and immediately usable.

HOW TO USE IT

Open it with a specific problem. Not a general curiosity — a real situation happening right now. You're late. You're chasing. You can't figure out what he's throwing. Find that section. Read it. Get one thing. Close it. Go execute.

Every section in this book answers one question: what do I do right now? Not what should I understand about hitting. Not what does this mean philosophically. What do I do right now, in this count, with this problem, on the next pitch.

THE ONE-THOUGHT RULE

You do not take five things with you into the box. You take one. Your brain can process one clear thought at game speed. Five thoughts compete with each other and with the pitch. The result is hesitation — which is always worse than a slightly imperfect decision made cleanly and on time.

This book gives you options. Your job is to pick one and commit to it. Not two. Not a hybrid of three. One thought. One zone. One intention. Then step in and execute that single thing with everything you have.

WHAT HAPPENS IF YOU OVERUSE IT

If you open this book trying to read everything between innings, you will leave the dugout more confused than you arrived. That defeats the purpose entirely. This is not a study session. It is a reference. One section. One answer. One adjustment. Done.

Over time, you will stop needing to open it as often. You will remember which count section applies to your situation. You will know your IF THIS → THEN THIS without looking it up. That is when the book has done its job — when the system it describes has become automatic.

ONE SENTENCE *This is not a book you read — it's a tool you use when the game is happening.*

SECTION 2

You Only Need One Thought

The pitch arrives in under half a second. In that window, your brain can execute one clear instruction well. Two competing instructions produce hesitation. Three produce confusion. Five produce a swing at nothing in particular that ends the at-bat on the pitcher's terms.

One thought is not a limitation. It is an advantage. When your processing is concentrated on one specific expectation — one pitch type in one zone — your recognition is faster, your decision is earlier, and your timing is better. You are not trying to see everything. You are confirming or denying one thing. That is a fast decision.

WHAT "ONE THOUGHT" ACTUALLY MEANS

It is specific. Not "see the ball well" or "stay focused." Those are not thoughts — they are feelings. A real one thought sounds like: "Fastball, inner half." Or: "Breaking ball low — don't chase." Or: "He's been going away — look away, attack away." Something concrete you can match against what arrives.

It comes from the situation. The count tells you what is likely. The pitcher's pattern tells you what he prefers. Your previous at-bat tells you what is still working for him. Combine those three and you have enough to choose one focus. Not perfect information — enough information to make a real decision rather than an open-ended guess.

HOW TO CHOOSE IT

Ask three questions between at-bats. What count am I most likely in? What has he been throwing in that situation? What kept getting me in trouble last time up? Where those three overlap is your one thought for the next at-bat. If they don't overlap cleanly, go with what the count demands — it is the most reliable signal you have.

Once you choose it, own it. Don't second-guess it between pitches. Don't add a second thought because the first pitch didn't go the way you expected. Stay with the one thing for the at-bat unless something changes dramatically in the pattern. Switching thoughts between pitches is the same as having no thought at all.

BETWEEN PITCHES RESET

After each pitch, you step out, breathe, and clear. Then you re-enter with one thought — the same one if it still applies, a refined one if something changed. You never carry five forward. Never carry two. One. Clean. Ready.

ONE SENTENCE *One clear thought beats five unclear ones, every single pitch.*

SECTION 3

When to Use It

The book is only useful if you use it at the right moment. Timing matters — not just for swings, but for when you think. Use this at the wrong time and it actively hurts your performance by loading thoughts that compete with the pitch.

BEFORE THE AT-BAT — PREPARE

This is the right window. You have time. You have information from previous at-bats or from watching teammates. You pull out the book, find the section that matches your situation, and build your plan.

Look up the count you are most likely to face given where you are in the lineup and what the pitcher has been doing. Check the IF THIS → THEN THIS section for the problem you are carrying in. Get one clear adjustment. Then close the book. You are done preparing. Everything from here is execution.

AFTER THE AT-BAT — ADJUST

The at-bat just ended. You have fresh information — what he threw, when he threw it, what you did or didn't do. This is the second right window. Open the relevant section. Find the one adjustment that addresses what just happened. Carry that one thing into the next plate appearance.

What you are not doing: replaying the at-bat emotionally. Not trying to fix your mechanics. Not reviewing everything that went wrong. One thing changed this next at-bat. That is the review.