

**Keeping your eye in the ball:** Every coach tells you that. Let me explain. Once you get set and the pitcher starts his windup, you picture a window where the release is going to be and your eyes shift from the pitcher to the window, then watch the release until the ball meets your bat. See if you can see the ball hit the bat. After you hit the ball, don't follow the ball with your eyes. Focus on first base. After three or four steps at full speed, glance to see where the ball went. Listen for the first base coach to tell you to go to second base.