

# **Hitting Secrets**

## **Mentally**

**Attack the Zone**

## **Physically**

**Knotted Knees**

**Point the Pointers**

**Triangulation**

## **Development**

**Fungo Drill**

**Use the Sword**

**Hit with Wood**

**Bunt with Conviction**

**When you are a Warrior, you know all of the above and you know how to be efficient and effective at the plate. You also know how to enjoy the battle because you have a plan of attack that carries you through the 4 for 4 & the 0 for 4 days.**

