

A close-up photograph of a baseball player wearing a teal Marucci helmet with a white 'B' logo and a green Binghamton jersey. The player is looking down, and a small piece of food is visible in his mouth. He is wearing a white batting glove on his left hand, which is resting on his helmet. The background is a blurred stadium.

Reset Get Your Confidence Back

*A Simple Mental System for
Handling Slumps, Failure, and Pressure*

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A complete mental performance system for hitters who want to play with real confidence, handle adversity, and show up when it matters most.

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Why Confidence Disappears

CHAPTER 1

Most hitters lose their confidence for one simple reason: they tie it directly to their results. When the hits stop falling, the confidence goes with them. When at-bats get tough, the belief fades. It's the ultimate trap—and almost every hitter falls for it eventually. By anchoring your self-worth to your batting average, you get stuck in a volatile cycle: success creates a fragile, temporary confidence, while failure triggers an immediate, heavy sense of self-doubt.

This creates a "survival mode" mentality. When your confidence is tied to outcomes, every at-bat feels like a high-stakes test of who you are, rather than just an opportunity to compete. You start playing to "protect" the result instead of attacking the pitcher, which leads to tentative swings and overthinking. The scoreboard becomes your judge. The box score becomes the verdict. The hitter—who has spent years mastering his craft—starts doubting everything, creating a feedback loop where anxiety leads to poor performance, which just fuels more anxiety.

Confidence built on outcomes is fragile by design. A 0-for-3 night, a strikeout with the bases loaded, or a string of weak contact can make even the most talented player feel like they've forgotten how to hit.

Fragile Confidence

- Tied to results and stats
- Based on what others think
- Destroyed by one bad game
- Dependent on external outcomes
- Driven by the fear of failure

Real Confidence

- Rooted in daily preparation
- Built on personal evidence
- Survives failure and slumps
- Focused on the process
- Driven by internal discipline

The Consequence

- Anxiety before the pitch
- Inconsistent mechanical rhythm
- Excessive post-game rumination
- Loss of competitive edge
- Susceptibility to hot/cold streaks

Real, durable confidence is built on three pillars that you have to maintain every single day:

- **Preparation:** This is the quiet work you put in during cage sessions and film study. When you know you've logged the reps and dialed in your mechanics, your mind stays steady because it trusts your body.
- **Evidence:** You need to actively collect "proof" of your ability. Keep a log of your best swings, hard-hit outs, and disciplined takes. This data is your library; you can reference it during a slump to remind yourself: "I've done this before, and I can do it again."
- **Process:** Focus on what you actually control—your intent, your pitch selection, and your posture. When you stop defining yourself by your stats and start identifying as a prepared, skilled hitter who competes, confidence isn't something the game gives you—it's something you bring with you into every box.

The Core Truth: Confidence isn't just a feeling that hits you when things are going well. It's a choice you make before the first pitch is thrown.

The Identity Shift

Changing your mindset requires a shift from chasing hits to chasing execution. Building real confidence is a deliberate, day-by-day practice that demands consistency.



Daily Audit

End every day by listing three specific things you did well in training, no matter how the game played out.



Outcome Detachment

Before you step into the box, decide to judge your at-bat on the quality of your swing and intent, not just where the ball lands.



Evidence Collection

Create a "Confidence Bank"—a list of past successes and mechanical wins that you can look back on whenever doubt starts to creep in.

The 3 R's Reset System

CHAPTER 2

Every hitter needs a system — a reliable routine that brings them back to center when pressure spikes, mistakes happen, or the game starts to feel bigger than it is. The 3 R's Reset System is exactly that: a proven, battle-tested framework you can run in the on-deck circle, between pitches, or right after a tough at-bat.



1. Recognize

Catch what's going on inside you before it starts to snowball. A tight chest, rushing your breathing, replaying that last strikeout, or worrying about who's watching. Just call it out. **"I'm pressing right now."** You can't fix a mental spiral if you don't acknowledge it's happening.



2. Release

Actually let that last moment go — both mentally and physically. Take a deep, deliberate breath out. Step out of the box. Fix your batting gloves. Use a physical cue to signal to your brain: **that moment is done, this one is fresh.** Elite hitters don't lug their baggage around; they flush the last at-bat and move on.



3. Refocus

Lock in on one simple process cue before you step back in. Ignore the scoreboard, the coach, or the scouts. Just one thought: **"Stay tall. See it early. Trust my hands."** Narrowing your focus keeps you locked on the only things that actually produce quality contact—your mechanics and your plan.

When to Use It

Bad Last At-Bat

Whether it's a strikeout, a weak grounder, or a bad call, you need a reset before the next one starts.

Scoreboard Pressure

When the game is on the line and eyes are on you, reset your focus to the pitch right in front of you.

Who's Watching

If there's a scout, parent, or recruiter in the stands, reset back to just doing your job.

Mid-Slump

If you're three games deep without a hit, reset back to the evidence and the process — ignore the results.

Build a Confidence Resume

CHAPTER 3

You wouldn't head into a big job interview without a resume — a solid record of what you've done, your capabilities, and exactly why you deserve to be in the room. Your confidence should work the same way. When the pressure is on and your brain starts telling you that you can't handle it, you need **proof to fight back with cold, hard facts**.

A Confidence Resume is basically a personal file of your own proof — specific moments, skills, and wins that remind you of who you really are as a hitter. It's not about what the box score says you did this week. It's about the real you, built over years of grinding, competing, and getting better.

Past Successes

Big hits. Clutch moments. Games where you were locked in and came through. Those moments are real — they already happened, and nobody can take them away from you.

Your Strengths

What do you do better than most guys? Fast hands? Great eye? Hard contact? Gap power? Own your tools and don't apologize for them.

Character Traits

Competitor. Grinder. Coachable. Disciplined. Who you ARE matters way more than how you hit last week. Traits compound over time.

Proof You Belong

Why are you on this roster? Why did that coach put you in the lineup today? You earned your spot. That didn't happen by accident.

How to Use It

Keep your Confidence Resume in a notes app or a journal — somewhere you can easily pull it up before games, during a slump, or whenever pressure starts messing with your head. Read it out loud. Update it after a solid practice or a good game. It's a living document that grows as you do. When the doubt kicks in — and it will — just come back to the evidence. **The facts of who you are as a hitter don't just disappear because you went 0-for-4.**

What to Do in a Slump

CHAPTER 4

Slumps aren't a sign that you're suddenly broken. They're just a guaranteed part of baseball at every level, from high school and college to the pros. The question isn't *if* you're going to hit a slump; it's how fast you can get out of it. That recovery speed is a skill, and it's something you can train.

1 Simplify Everything

When you aren't getting results, your instinct will be to overhaul your whole swing. Don't do it. Pick one swing thought—one specific feel or cue—and stick with it for the whole game. Under pressure, complexity is the enemy of your timing.

2 Short Memory

Your last at-bat is just data, not your identity. Learn what you need to from it, make your one adjustment, and then flush it. Hitters who keep replaying their failures just carry that baggage into the next pitch. Hitters who flush it stay in the moment.

3 Breathing Reset

Inhale through your nose for three seconds, exhale through your mouth for four. Do this every time before you step in. Your nervous system reacts to your breath; a slower breath means a calmer brain and better decision-making at the plate.

4 Trust Your Timing

Your timing has worked for you before, and it's going to work again. Quit searching for a new swing and start trusting the one that got you to where you are. Soft toss, short cage sessions, and just seeing the ball early are what get you back on track.

5 Process Over Outcome

Evaluate your at-bats based on the quality of your approach, not the box score. Did you see the ball early? Did you battle in the count? Did you stay behind the ball? A quality process leads to quality results—maybe not today, but it does over time.

The Slump Mantra: One cue. One plan. One pitch. Bring it back to the smallest thing you can control—this pitch, right now.

The Between-Pitch Reset

CHAPTER 5

Most hitters think the mental game only matters once they step into the box. Truth is, elite hitters know the game is won or lost between pitches. The 15–20 seconds after a pitch—how you process it, reset, and gear up—define the quality of your next swing. A between-pitch routine isn't just a luxury; it's a discipline.

Without a clear reset routine, your mind naturally drifts to replaying the last pitch, stressing over the count, or checking the dugout for reactions. All of that pulls your focus away from the only thing that actually matters: the next pitch. Elite hitters have a locked-in, automatic routine that clears their head so they're totally focused before the pitcher even starts his windup.



Step Out

Physically step out of the box after every single pitch. This isn't optional. It's a pattern interrupt that signals to your brain that the previous moment is over. Use this time to create some distance between what just happened and what's coming up next.



Exhale and Release

Take one deliberate, deep breath out. Keep it long, slow, and controlled. This kicks your parasympathetic nervous system into gear, brings your heart rate down, and shakes off the tension that builds up under pressure. One breath is all it takes to reset.



Refocus Your Eyes

Pick a specific target—the dirt, your batting gloves, or the logo on your helmet. That brief visual anchor pulls your attention away from the scoreboard, the crowd, or the dugout. It's an immediate reset for your vision and your focus.



Lock In Your Cue

Before you step back in, repeat your one process cue. Maybe it's "See it early," "Stay tall," or "Trust my hands." One thought, one intention. Step in ready to compete.

Why Routine Beats Willpower

Willpower is shaky under pressure; routine is automatic. When you've drilled your reset routine hundreds of times in the cage and during practice, it becomes a reflex—something your body handles without you having to think about it. That's the goal. You don't want to think your way through a high-pressure situation. You want your routine to carry you through it.

What Most Hitters Do Between Pitches

- Replay the last pitch in their head
- Check the scoreboard or count obsessively
- Look at the coach for a reaction
- Tighten their grip and rush back in
- Let anxiety build with each pitch

What Elite Hitters Do Between Pitches

- Step out and create separation
- Take one deliberate exhale
- Use a visual anchor to reset focus
- Repeat their process cue
- Step back in calm, locked in, and ready

The Between-Pitch Mantra: One pitch at a time isn't just a saying—it's a physical practice. Your routine is the mechanism that makes it real.

Handling Pressure Situations

CHAPTER 6

Pressure isn't something to fear; it's where you prove yourself. Every hitter eventually faces those spots where the game seems to slow down, the noise gets deafening, and the weight of the moment feels massive—like a two-strike count with the bases loaded, a late-inning at-bat in front of scouts, or a must-win game. These aren't moments that expose your flaws. They're the ones that reveal how well you've prepared.

The gap between hitters who fold under pressure and those who thrive isn't about natural talent. It's about mental infrastructure. Guys who consistently perform have already played through these high-stakes scenarios in their heads before they ever happen. They've got a plan, a reliable routine, and a mindset that flips anxiety into pure energy. When the stage gets big, they lock in—not because they aren't nervous, but because they've trained specifically for this.

The Four Pressure Scenarios

Two-Strike Counts

Two strikes doesn't mean you're in trouble. It's just a challenge. Tighten up your swing, cover the zone, and commit to finding a hard barrel. Your goal isn't to just avoid the strikeout—it's to battle for one more pitch. Keep the intensity high, keep your movements compact, and stay locked in.

Runners in Scoring Position

The situation only feels huge if you let it get into your head. Your job stays exactly the same: see the ball out of the hand and put a clean swing on it. Don't go hunting for a home run or try to be the hero. Rely on your prep and stick to your approach. When your process is dialed in, the hit takes care of itself.

Scouts and Coaches Watching

The second you start playing for the crowd, you stop playing for the game. Scouts aren't looking for perfection; they're looking for a hitter who can compete. Don't let yourself get tight. Go back to your process cue. The best way to help your recruitment is to just play your game—not theirs.

Late-Inning, High-Stakes At-Bats

This is what the work in the cage was for. Lean on your between-pitch routine. Regulate your breathing. Narrow your entire world down to just this one pitch. The game doesn't actually get bigger than your training—it only feels that way. Have confidence in what you've built.

Reframing Pressure

The biggest mental upgrade you can make is flipping how you view pressure. Don't see it as a threat; see it as an opportunity. Instead of worrying, "I can't mess this up," switch to, "This is my chance to show what I've got." Instead of feeling like everyone is staring at you, think, "I've been waiting for this exact moment." The way you talk to yourself dictates how you perceive the game, and your perception dictates your performance.

Pressure as Threat (Shrinks Performance)

- I can't strike out here
- Everyone is watching me fail
- This at-bat defines my season
- I need to do something special
- What if I let everyone down?

Pressure as Opportunity (Elevates Performance)

- I get to compete in a big moment
- This is what I've trained for
- One pitch, one job, one focus
- My process works — trust it
- I belong in this moment

Pressure Principle: The hitter who controls his self-talk controls his performance. What you say to yourself in the biggest moments is the most important coaching you'll ever receive.

Daily Mental Training for Hitters

CHAPTER 7

Physical training by itself isn't enough. The best hitters in the game don't just put in extra work in the cage—they approach their mental game with the same structure, repetition, and intent they use for their mechanics. Mental toughness isn't just some personality trait you're born with. It's a skill. And like anything else in baseball, it only gets better with consistent, focused practice.

The good news is that you don't need hours to do it. It just takes a few minutes and the right habits. Setting aside five to ten minutes a day for your mental work adds up over a long season, giving you a serious competitive edge. The guys who put in this work quietly, day in and day out, are the ones who come through when the game is on the line.

Your Daily Mental Training Stack



Visualization (5–10 min)

Before you get to practice or the game, take a second to close your eyes and see yourself hitting. Don't just focus on the result—focus on the process. Feel your stance, your load, and your hip turn. See the ball coming out of the pitcher's hand and hear the crack of the bat.

Visualization triggers the same neural pathways as taking real reps. It's basically free practice.



Breathing Practice (3–5 min)

Practice your reset breathing on your own time so it's second nature when you're actually playing. Whether it's box breathing (4 in, 4 hold, 4 out, 4 hold) or basic belly breathing, doing it daily trains your nervous system to stay calm on command—which is exactly what you need during a high-pressure at-bat.



Confidence Journaling (5 min)

Every night, jot down three things: one thing you did well that day, one piece of proof that you're a capable hitter, and one process goal for the next day. This habit trains your brain to look for evidence of what you're doing right rather than dwelling on your mistakes.



Swing Review (5 min)

Watch video of your best swings. Skip the bad ones—focus on the best. Your brain learns by repeating what it sees. Reviewing quality mechanics reinforces the neural patterns you want to keep. Always finish your film session by watching a good swing, not a mess-up.

Building the Habit

The hard part about mental training is that you don't see the results immediately. You can't track a stronger mindset like you can track higher bat speed. That's why most guys quit. But the ones who commit to this daily stack—even when they're not perfect—build a mental foundation that stays solid even when the physical side gets tough. Start with one habit, and add the next one once the first feels routine.

Morning

3–5 minutes of seeing your best swing before you even touch a bat.

Pre-Game

Read your Confidence Resume. Remind yourself who you are before that first pitch is thrown.

During

Commit to your reset after every single pitch. This is mental training in real time.

Evening

Three wins, one goal, and one good swing on film. You can get it done in under 10 minutes.

Mental Training Truth: You don't rise to the level of your talent when the pressure is on. You fall back on the level of your preparation. Daily mental training is how you raise that floor.

The Elite Hitter Mindset

Everything in this book—the Reset System, the Confidence Resume, the between-pitch routine, how you handle pressure, and your daily mental training—is building toward one thing: the elite hitter mindset. This isn't some personality type you're born with. It's a way of thinking that you build, sharpen, and choose to lean into, one at-bat at a time.

Elite hitters aren't immune to doubt, failure, or slumps. They deal with the same adversity as everyone else on the field. The difference is that they don't just rely on talent—they rely on a system. They have a framework for processing failure, a routine for resetting when the pressure is on, and an identity that doesn't hinge on what the scoreboard says. That framework is exactly what you've been putting together throughout this book.

The Five Pillars of the Elite Hitter Mindset

Process Over Results

Elite hitters judge success by how well they executed, not by where the ball landed. If you put a good swing on a tough pitch, that's a win, period. This mindset keeps you from riding the emotional rollercoaster that kills confidence.

Trust Your Preparation

Every rep in the cage, every minute watching film, and every breathing drill is money in the bank. When the game gets tight, you don't start hunting for a new swing—you trust the one you've already built. Preparation is the only real foundation for unshakeable confidence.

Control Your Emotions

Elite hitters still feel the pressure, the frustration, and the doubt. They don't try to shut those feelings off; they just process them quickly and move on. Your between-pitch routine, your breathing reset, and your ability to flush a bad pitch are all just tools to keep you regulated in the heat of the moment.

Compete One Pitch at a Time

The season is long. The game is long. Even the at-bat can feel long. But the pitch itself? It's singular. Elite hitters narrow their focus down to the only thing they can actually control—this pitch, right now—and they compete like crazy within that window. Everything else is just noise.

Own Your Identity

You aren't your batting average. You aren't your last at-bat. You're a prepared, skilled, competitive hitter who shows up to put in the work. That identity belongs to you—and no slump, no scout, and no scoreboard can take it away from you.

The Commitment

The mental game isn't a shortcut, a trick, or a life hack. It's a commitment to doing the invisible work that most guys skip—the journaling, the visualization, the breathing, the routine. It's choosing, every single day, to train your mind to perform when your body is under fire. That level of commitment is exactly what separates the good hitters from the elite ones.

Build Your Personal Reset Plan

CHAPTER 9

Knowing this stuff doesn't help if you don't actually use it. This final section is where you put everything into practice. Be honest when you fill this out — the more specific you are, the better it works. Keep it close before games, adjust it as you grow, and make it your own.

What I Notice When I Start Pressing

Write down your specific warning signs. Are you rushing your setup? Gripping the bat too hard? Checking the scoreboard? Trying to force a hit? **These are your cues to trigger your Reset.**

My Reset Phrase

A short, punchy internal cue that brings you back to center. Examples: *"Stay present."* *"I've done this."* *"Win the pitch."* Keep it under five words. Pick something that actually clicks for you.

My Breathing Cue

Define your go-to breath work. Maybe it's three seconds in, four seconds out. Maybe it's a deep exhale before stepping in or one slow breath on-deck. Own this routine so it's second nature when the pressure is on.

My Process Goal

Pick one mechanical or mental focus for every at-bat — leave the result out of it. *"See the ball out of his hand."* *"Stay tall through contact."* *"Attack the heater."* Keep it simple. One goal per at-bat.

My Confidence Evidence

List 3–5 specific strengths, past successes, or hard facts that remind you who you are at the plate. Use this when the doubt creeps in. This is your personal Confidence Resume in action.

For Hitters Who Want to Become Elite

We've covered how elite hitters stay locked in, bounce back from slumps, and hold onto their confidence.

But the mental side is just one piece of the puzzle.

In DB Precision Hitting, guys follow a **proven system** to build:

- Elite swing mechanics
- Powerful sequencing
- Mental performance under pressure
- A repeatable approach at the plate

This is the same development path used by the top hitters in the game.

Train With Devan Bade

- Former Division I Captain
- Professional Playing Experience
- Worked with multiple MLB hitting coaches
- 90+ hitters trained through DB Precision Hitting

I keep my client list small so I can actually work with each hitter.

Apply for a MLB-Level Development

Applications are reviewed to ensure the program is the right fit.

Spots are limited for serious hitters.