

# Slump Survival Guide – For Parents of Youth Hitters

Your child will experience slumps. It's not a matter of if, but when.

Here's how to guide them through it without adding pressure:

## 1. Name the Slump:

- Give it a fun nickname (e.g., 'The Funk', 'Slumpzilla')
- Normalize it—every great hitter battles through slumps

## 2. Shift Focus from Results to Process:

- For 5–7 days, don't mention hits or stats
- Praise effort, attitude, and swing quality instead

## 3. Use the 'Win One Pitch' Drill:

- Tell your hitter: 'This is the only pitch that matters'
- Whether they hit or miss, reset on the next pitch
- Builds confidence and emotional separation

## 4. Reinforce the Mental Reset Routine:

- Breathe between pitches
- Use a focus cue or short phrase (e.g., 'See it. Hit it.')
- Avoid replaying past at-bats or worrying about the next one

## 5. Support with Encouragement, Not Corrections:

- Instead of offering technical advice, say:  
'You're battling. I'm proud of how you're handling this.'

## Bonus Tip:

- Download a journal or print tracker for your child to log daily effort (not results).
- Celebrate consistency and attitude.

Remember: Slumps build character. With the right support, they become stepping stones—not roadblocks.