

SUREHITTER®

Deep Practice, the New, Most Effective Way to Teach Basic Baseball and Softball Hitting and Catching Skills

No matter what “natural talent” your players may or may not have, there is a great new way to be certain they will get the most out of their baseball or softball experience. Now you can quickly teach them basic skills and solve their specific playing problems.

Deep Practice

There is a new scientific understanding of the optimal way to quickly teach a motor skill. It's called Deep Practice* and it's now available for teaching basic hitting and catching skills. Fundamentally, Deep Practice is done by:

- 1) Breaking down the real playing situation into small steps; and
- 2) Slowing it to the point where the player is successful but constantly challenged

This is the fastest way to create the correct “muscle memory” in the player. For example, with Deep Practice “a girl was able to do a month’s practice (of piano) in six minutes”*. To enable any coach or parent to use the methods equivalent to Deep Practice with their players, a veteran youth educator, counselor, baseball and softball coach and umpire invented the **SUREHITTER**.

At the time, he called his method the “*Progressive Ball Speed*” method, and was later to discover that it is equivalent to Deep Practice, which was independently written about a few years later.

The SUREHITTER

Unlike any other product, the **SUREHITTER** enables successful Deep Practice by allowing the instructor to:

- Completely control the speed and direction of a real moving ball
- Correctly simulate actual hitting and catching conditions
- Perform any number of repetitions without chasing balls

One of the associated benefits of the **SUREHITTER** is it completely removes any fear the player may have of the moving ball, so learning happens even more quickly.



* See the nationally acclaimed book:

“**The Talent Code ... Greatness Isn’t Born. It’s Grown. Here’s How**” by Daniel Coyle (Bantam, 2009); also the website: www.TheTalentCode.com.