

9 Insights Barry Bonds' Interviews

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The most feared hitter who ever lived.

Pitchers walked him on purpose 688 times. That doesn't happen by accident.

I went through hours of his interviews and pulled 9 things he swears by.

1. SEE THE BALL LONGER

What he did:

Bonds tracked it as long as he could before he committed.

Why it works:

More time to read pitch and location. Less guessing.

Better decisions. More accurate swings.

How:

Let it get deep before you decide. You've got more time than you think.

2. DON'T JUST SWING TO SWING

What he did:

He swung at better pitches. He took his A - B swing, instead of just hitting the ball with a C-D swing.

Why it works:

Better pitches to hit means fewer weak outs. A-B swings create harder, more productive balls in play.

How:

Be more selective. Take YOUR swing. The goal is not just to put the ball in play.

3. BELIEVE, EVEN AT 0-FOR-9

What he did:

He stayed dangerous no matter what the stats said.

Why it works:

Confidence that needs a hit to survive was never confidence. It's gone the second the hits stop.

The kind that holds is built on how you compete, not how it's going or how you feel.

0-for-9 doesn't make you less dangerous. Worrying does.

How:

Every AB is a new fight. Someone's going to pay.

4. TRUST YOUR HANDS

What he did:

He felt his hands, swung his weapon. Not letting his body be overpowering.

Why it works:

Your weapon is in your hands. Let them lead and the body follows on its own.

The body wants to overpower, feel like the hands swing the body.

How:

"Swing the bat, not the body"

5. STAY CLOSED LONGER

What he did:

He kept his front side shut and didn't fly open early. Swung his hands, not yank open.

Why it works:

You cover the whole plate. You stay on the outer pitch and the offspeed.

The pitcher's whole plan is to get you off the ball. Pulling off does his job for him.

How:

Stay shut. Let your hands swing, not your body.

6. MAKE ADJUSTMENTS

What he did:

He adjusted pitch to pitch and AB to AB. Not week to week like everyone else.

Why it works:

Every pitch, swing, out, hit is information. Be objective, look at the facts, use less of your feelings.

How:

Understand what the pitch, hit, swing, etc told you. Correct then attack with your correction.

7. THINK LIKE THE PITCHER

What he did:

He knew what was coming because he thought like a pitcher

Why it works:

The count, the situation, the pitcher's arsenal will give you a lot of insight. Understand what the pitcher is most likely to do then use it against them.

How:

Ask what you'd throw here. Then be ready for it.

(I don't recommend this for everyone, they may start overthinking, I would sit a target on the field and hit any pitch, any location at that desired target. I talk about this a lot)

8. CONTROL BEFORE POWER

What he did:

He said he never chased hits. He chased good swings.

Why it works:

It's about how often you hit it hard, not how hard you hit it. Chase the big result and you lose the barrel.

How:

Hunt the good swing. The damage comes with good timing and strength. But you have to hit it first.

9. DON'T CHASE THE RESULT

What he did.

He locked into what creates a hit, not the hit itself. Process > Everything

Why it works:

Chasing the result is how a little slump turns into a real one. You start focusing on things you cannot control

How:

Focus on what creates hits and runs. Swinging at good pitches, being on time, a good approach and belief.

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