

STOP WASTING REPS.

The 3-Rule Framework for Training Sessions That Actually Make You Better

A free guide from Trey Hannam — I Help Hitters Who Get MVP Votes and Scholarships

Most hitters don't have a work ethic problem. They have a focus problem.

You're putting in the reps. You're staying late.
But at the end of the session, you can't tell me what you improved..

The ones who get better train with focus and purpose. Every. Single. Session. (they try at least)

#1 — ONE GOAL PER SESSION. NOT FIVE.

Pick one thing. Walk in knowing exactly what you're there to fix and don't leave until you feel it.

If you try to fix your load, your hip turn, your bat path, and your timing all in one session — you fix nothing. Your brain can't process five mechanical changes and still compete.

What does "one goal" look like?

- Timing off? Work your load and unload. That's it.
- Mechanical issue? Identify exactly what it is. Drill it, feel it, own it.
- Confidence low? Hit your 2-3 comfort drills and end the session feeling good.

"Hitters need to be reminded more than they need to be taught." — The hitters who get this right are the ones who go from question marks to threats.

2 — FEWER DRILLS. MORE REPS ON THE RIGHT ONES.

Two or three drills that lock you in. That's your session. Not everything you saw on Instagram this week.

Every drill needs to answer one question: does this show up in my full swing? If the answer is no — cut it.

Examples of cues:

- Load early, turn behind the ball
- Quickness inside the ball
- Turn behind, low finish
- Take the pitcher's head off.

Quality beats quantity every time. Ten focused reps in the right drill beats 100 sloppy ones that don't transfer.

3 — KNOW YOUR MISSES

The best hitters I've ever trained are self-aware.

They know what their miss is and they know how to correct it mid-session — or mid-at-bat.

What does your miss look like? Be specific:

- Lunging out front
- Dropping under pitches
- Getting around the ball
- No no load, all hands

When you know your miss, you stop guessing under pressure. The ball is giving you feedback on every single pitch — learn to read it, understand it, correct it.

That skill — self-diagnosis — is what separates hitters who fall apart in games from hitters who make adjustments between at-bats.

TIP 1 — FIND VIDEOS OF WHEN YOU WERE HOT.

Every hitter has a version of themselves that they want back. Find it.

Go find video of yourself when you were locked in — when contact felt effortless, when you were on time on everything. Watch it. Your brain remembers what that felt like, even if you've lost it temporarily.

- What did your stance look like?
- What did your load look like?
- What was your timing cue?

Then go replicate it. Stop trying to build something new from scratch when you've already had the answer.

And if you haven't been keeping video — start now. Your past self is your best coach.

TIP 2 — WRITE IT DOWN.

This is the rule most hitters skip. It's also the one that separates guys who plateau from guys who keep climbing.

After every session, write down:

- What worked
- What didn't work
- What it felt like when you were locked in

Notes app on your phone. A notebook. Doesn't matter. Just write it down. The best hitters I've trained do this without exception.

Why? Because your memory lies to you. Two weeks from now, you'll lose the feel you worked so hard to find today — unless you wrote it down.

If This Helped You, Imagine What Months of Structured Coaching With Trey Would Do:

Fill out the simple form at TreyHannam.com

I only work with hitters who are serious.

Good luck. — Trey