



# Teaching the Eyes to Help the Body Perform

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Jugs



Hitting a baseball  
is one of the

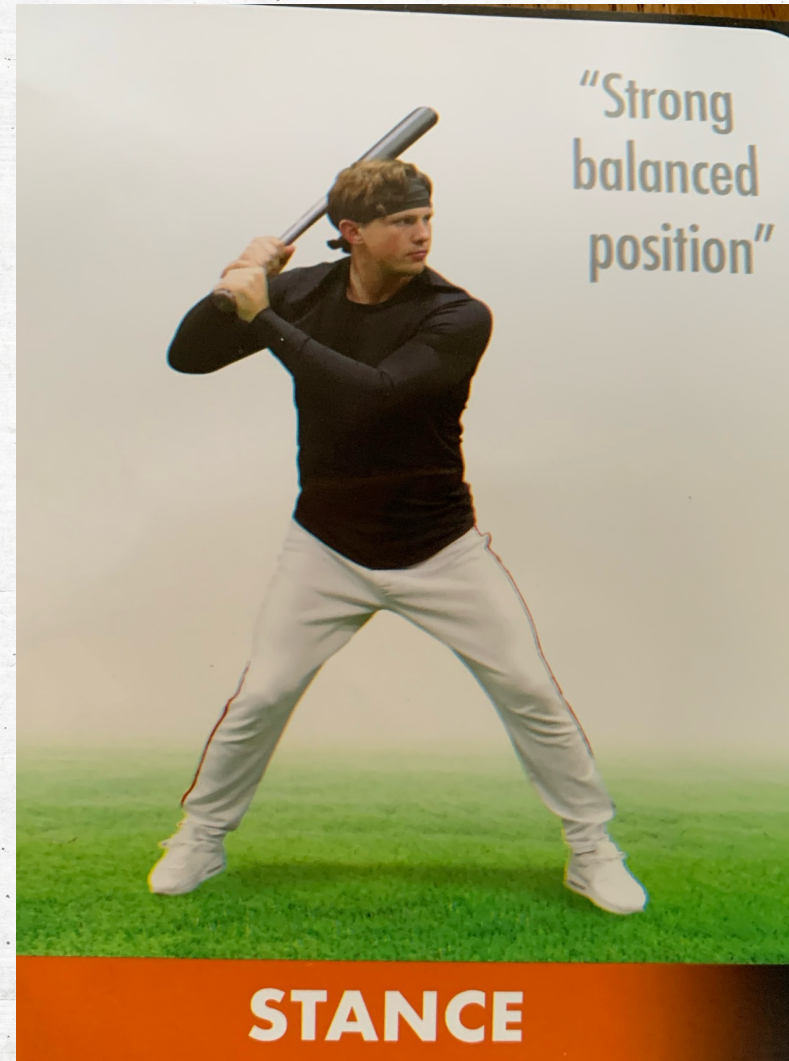


hardest things to  
do in any sport



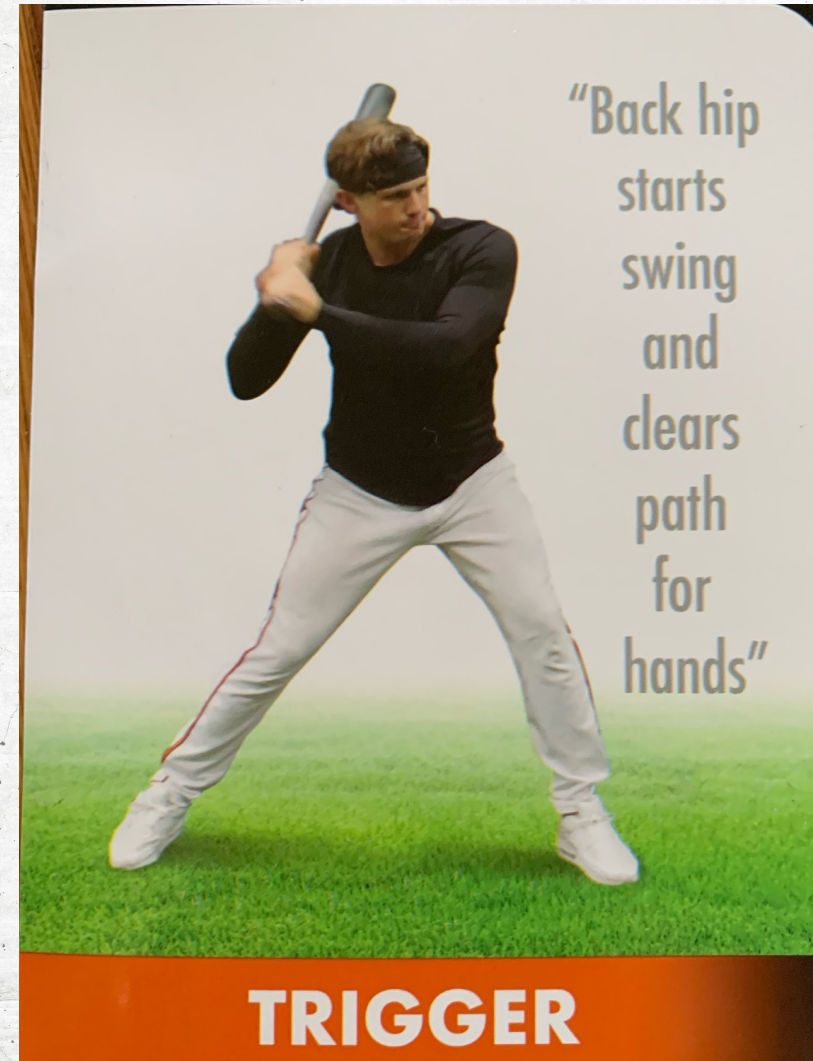
# Get Like Adley

- Picture/Mirror/Player
- What is the value in mimicking a player much better than you?
- Where are Adley's eyes?
- What are you doing to teach the eyes from start to finish during the swing?
- Might this be more important than a bunch of swing thoughts?



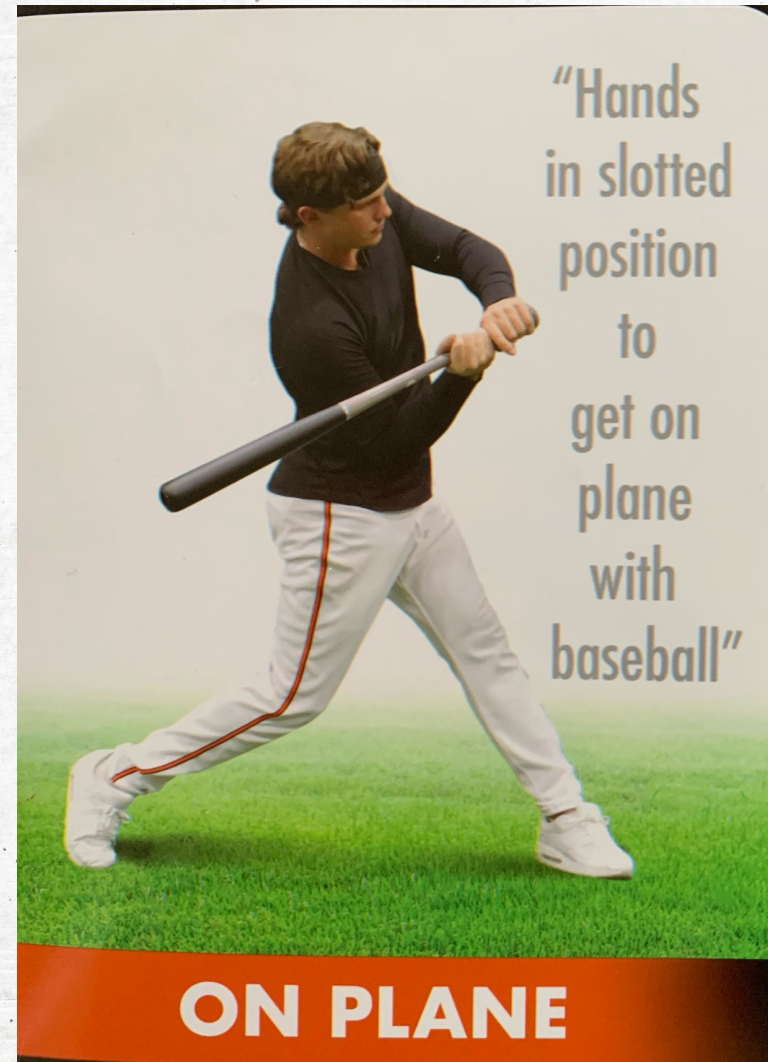
# Starting Your Swing

- How much has happened with the eyes?
- Where are they focused?
- How busy is the body so far?
- Back hip presses into the front hip is a very quiet move!



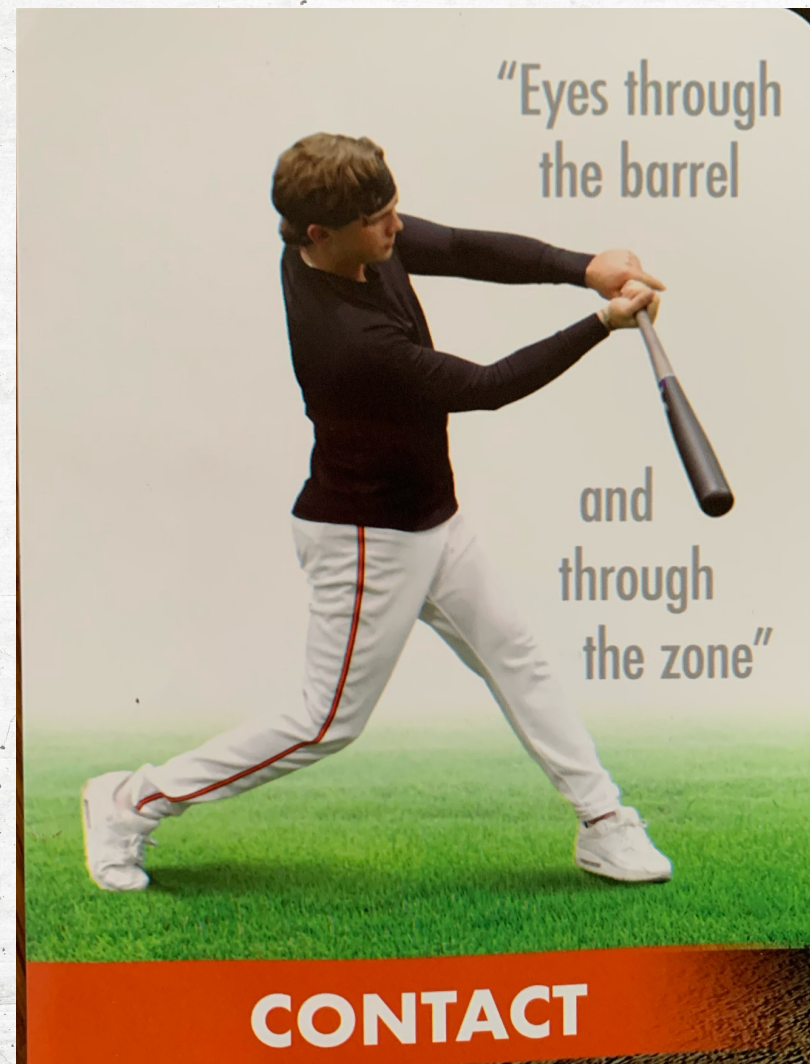
# Staying Connected While the Swing Begins - Starts with the Head

- Where are the eyes focused?
- What does that focus do to the upper body?
- How are the back elbow and back knee connected to get the swing going from bottom to top?



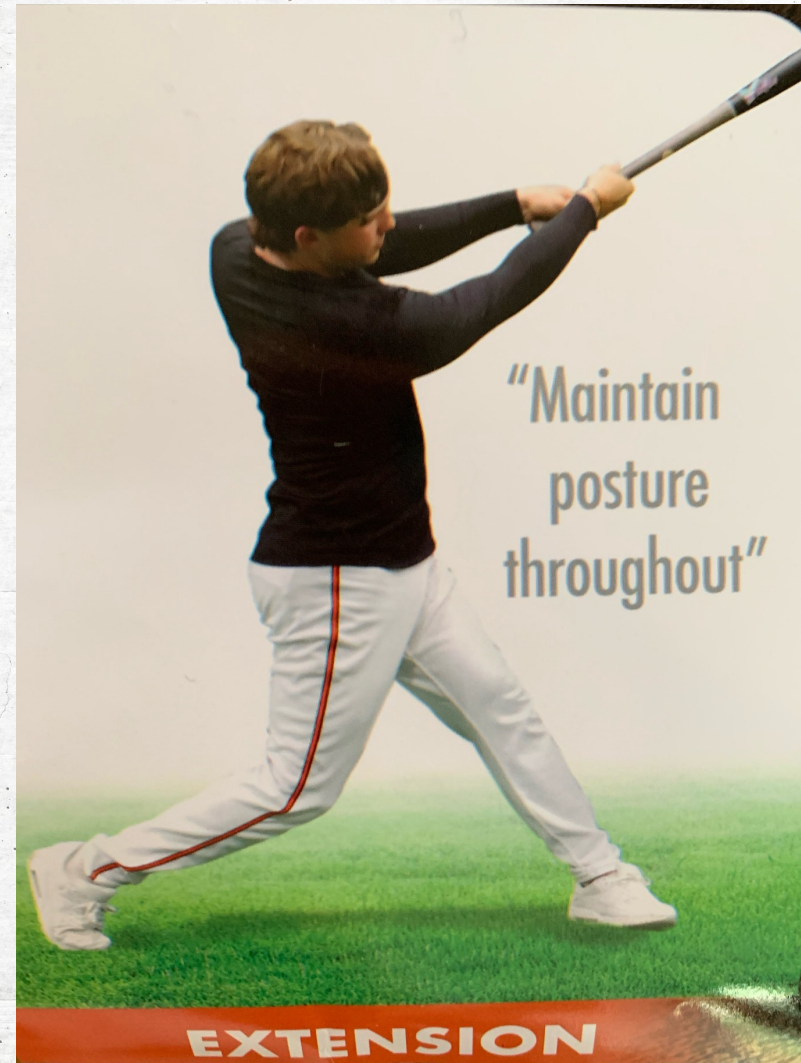
# Contact Point

- Where are the eyes focused now?
- How does eye management affect the head of a hitter?
- How often do young hitters pull off the ball with their heads when they swing and miss?
- How often do hitters miss the ball when their eyes are directly on the baseball?



# Full Extension

- Where are the eyes now?
- Where is Adley's chin in relation to the back shoulder?
- How much has his head moved from contact to extension?
- Look how balanced his upper body is in relation to the power L he has created below.
- This is a connected swing controlled by the eyes!

















# Teach the Head Intentionally in Every Part of the Game

# Hitting: Eye Progression Release to Right After Contact



- Chest to Hat to Release to Read to Track to Contact to Hold
- Do this every single time you hit a baseball: Thrown or Machine
- Connecting machines to the thrown ball: Essential to develop eye discipline
- Connect eye discipline to tee work
- Making this a habit is the essential piece for consistent square contact

# Defensive Infielder Eye Discipline



- Soft to Fine on the front of the plate every time you are anticipating a ground ball
- Use the same eye discipline when a coach hits you fungoes or when fielding a ball using a machine
- Count the bounces as you move, keeping focused on the ball as you approach
- Watch the ball contact your glove
- Quiet controlled head, quiet controlled hands and busy feet ensure consistent catches.
- Uncontrolled heads and busy hands and clunky feet ensure inconsistency



The eyes are not coached enough.  
As a result, players do not improve  
as they should with instruction no  
matter how much they spend or how  
often they get showcased.





Questions?