

Four-Week Hitter Roadmap

STARTS WITH EVIDENCE · ENDS WITH A RETEST DATE



HITTER

START DATE

RETEST DATE

BASELINE ACROSS THE 4 PILLARS

PILLAR	TEST	SCORE	NOTES
The Swing	Checkpoint grade (side + behind video)		
Strength & Explosiveness	Broad jump · 10-yard sprint		
Hitting Processor	Swing-or-take calls on mixed pitches		
Mental Approach	Last 10 at-bats graded on process		

CURRENT PRIORITY (THE CONSTRAINT) AND WHY IT COMES FIRST

THE FOUR WEEKS · TRAIN THE PRIORITY, KEEP EVERY PILLAR IN THE WEEK

WEEK	PRIORITY & CUE	SWING	ATHLETIC	PROCESSOR	MENTAL
Week 1					
Week 2					
Week 3					
Week 4					

Evidence and Family Update

WHAT IS BEING TRAINED · WHY · WHAT PROGRESS LOOKS LIKE · WHAT THEY CONTROL



EVIDENCE TO REVIEW EACH WEEK

WEEK	WHAT I'LL MEASURE OR FILM	RESULT
Week 1		
Week 2		
Week 3		
Week 4		

PARENT & ATHLETE UPDATE (SHORT, PLAIN WORDS)

WHAT WE'RE TRAINING

WHY IT MATTERS

WHAT PROGRESS WILL LOOK LIKE

WHAT THE ATHLETE CONTROLS

Keep mechanical coaching out of games. Ask parents to keep the car ride home positive. Celebrate competitive at-bats, hard outs and good takes. If she slaps, say whether these four weeks are for the slap, the full swing or both.