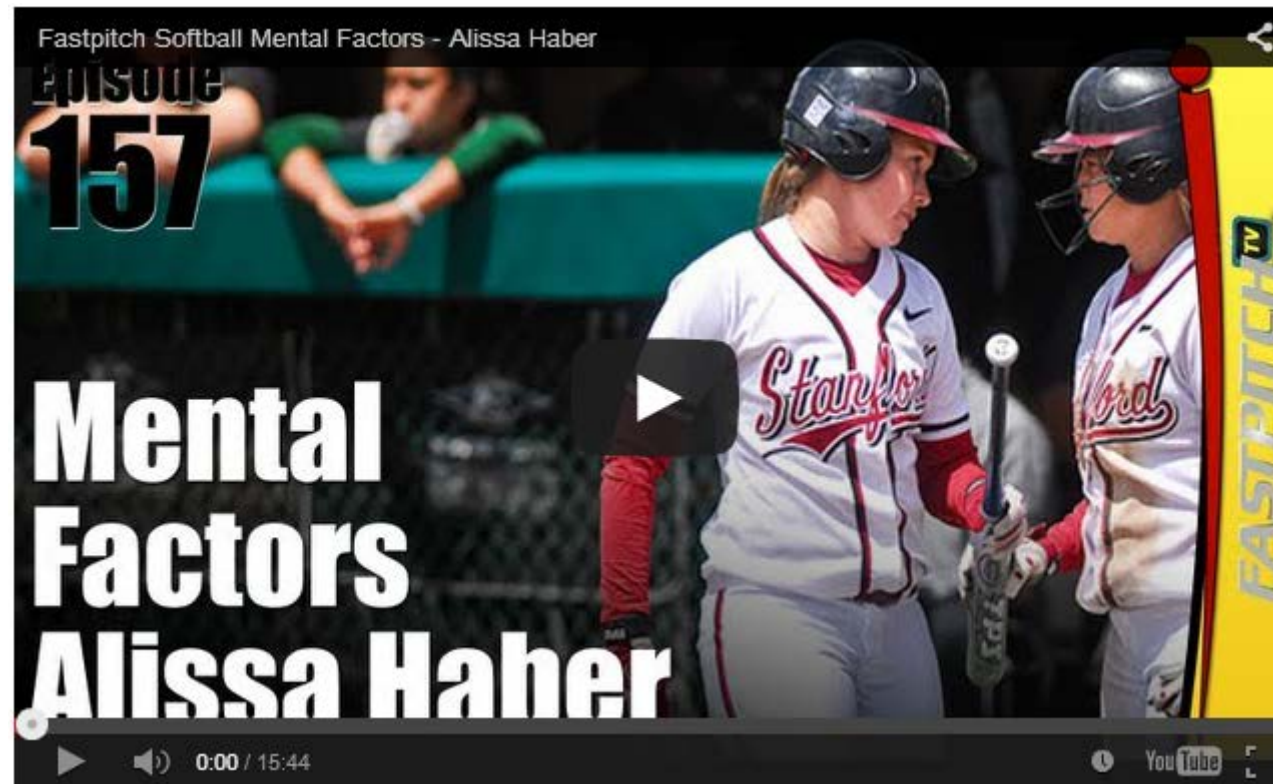




## [Softball Hitting Tips: Mental Game Factors](#)



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[Softball Hitting](#)

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## Softball Hitting Tips: Mental Game Factors

**In this episode of Fastpitch TV, Alissa Haber talks about**

- the mental game factors that affect your game
- the mental approach that helps you hit better
- tricks to improve your mental approach for increased success at the plate
- how to stay calm in pressure hitting situations
- ...and a whole lot more!