

# Frequently Asked Questions (FAQ)

This guide helps parents navigate common hurdles without "overcoaching".

**Q: My child is struggling with a drill. Should I keep going until they get it right?**

**A:** No. Keep practices to a **30–40 minute maximum** to avoid burnout. If they struggle, focus on the **Teaching Phrase** of the week and always ensure you **Finish on a Win** with one successful rep.

**Q: What is "The Golden Rule"?**

**A:** Use **ONLY** the teaching phrase of the week. For example, in Week 1, only use **"Athletic and Comfortable"**. If you provide too much technical feedback, you are overcoaching.

**Q: How do I know if we are ready to move to the next week?**

**A:** Each week has a **"Parent Target"** score for the game. For example, in Week 1, if your hitter gets **7 out of 10 points** in the Balance Hold Challenge, they have "passed" the week.

**Q: What should I do if my child keeps looking at the ball after contact?**

**A:** This is a common **Week 2** issue. Use the **Freeze Frame** game: have them freeze at contact and check if their eyes are where the ball was on the tee and their chin is tucked on the back shoulder.

**Q: My hitter is hitting the ball hard but not "Through the Middle." Is that okay?**

**A:** In Week 4, we reward **Direction over Distance**. Even a hard hit results in a **-1 point** if it is a "Roll-Over" or a "Pop-up" to the wrong side. Stick to the goal of aiming for the pitcher's area. Have them attack the inside of the ball.

**Q: My child keeps swinging and missing, what should I do?**

**A:** Depending on your player you might need to slow the process down a little. A great way to do that is to blow up a balloon and give it a toss and let them hit it. Since it floats this slows down the process. If your player is young this will help with hand eye coordination. Buy a pack of balloons and challenge them to hit it so hard it busts the balloon! Have fun with it!