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1PW: Favorite Practice Strategies to Add Competiveness and Mental Toughness

- 1) C/R/T – Cut, Relay, Tags
 - a) Team Defense
 - b) Errors
- 2) 21
 - a) Team Defense
 - b) Back to Zero
- 3) Pressure Time
 - a) Be Creative
 - b) Use once a day
- 4) Situations
 - a) The end of Practice
 - b) Measure your QABs during practice
 - c) Hold them to a certain standard
- 5) Blue Devils 10
 - a) Best Pitchers Game for bullpens
 - b) Measure Progress
 - c) Competitive
- 6) 100/50
 - a) Infield
 - b) Outfield
- 7) Bunt Percentage
- 8) BP – Hard Hit Average
- 9) Split Up Your Team into Teams