



Name _____

COMPETE!

Training 12: Practice (book chapter 11)

1. If you want to become a better baseball player, you need to get better at _____.
2. Whose Responsibility is it for you to have a quality practice? _____
3. Be sure to pick a time when practice _____ and when practice _____.
4. In Practice Drills include:
 - _____ Stretch
 - _____ Catch
 - Shadow Work

Do It! Practice

1. Train Yourself

STEP 1: RATE YOURSELF.

Mental Skill: _____ (p. 23)

STEP 2: COACH YOURSELF. What have you learned? Reflect on what helped and what hurt your performance over this time period and create a list of “Do’s” and “Don’ts” for yourself.

Do

Don’t

Date:

10						
9						
8						
7						
6						
5						
4						
3						
2						
1						