

# **Skyview Way “Be Mentally Tough...Period”**

- Baseball related (After every pitch) & find your anchor
- Practice game speed & throw strikes
- Win the even counts (pitches & hitters)
- Touch 2<sup>nd</sup> base if ball touches outfield grass
- Hard 90 break down & look to right
- 2 strike approach (Fastball Away/Off-speed Up)
- 5 feet behind 3<sup>rd</sup> base (drag)
- leads (Left/right/shuffle/shuffle), regular, flinch, fake
- Back calls (pick-offs) as a unit/team
- Game speed reps (Always)
- Hitter off 2<sup>nd</sup> base (know where you're supposed to be (throw) & hit the cut)
- Make sure of 1 out (get outs & avoid big inning)
- Moving on picks (Every pick everyone moves)
- Backing up bases
- On deck (5 hard swings then timing), in the hole (bat): timing
- Communicate: who are you working w/ (for every new batter or situation)
- Swing until you don't
- Yes/Yes/No
- Ball in dirt reads
- 3 pitches or less (this is for pitchers)
- 60 second rule
- Picking each other up (Outfielders & Infielders)