Pitcher's Pre-Season Feedback Sheet

1. If I were to ask you how your pitching went last season, what would you talk to me about?

2. If I were to ask you what you learned from last season, what would you talk to me about?

3. When you were pitching well last season, what were you doing? (What were you focused on? What were you thinking? What were you seeing?)

4. How was your awareness of what was happening and/or how was your “signal light” recognition?

5. What did you “go to” when you confronted adversity?

6. What did you enjoy about playing last year?
7. When you did not have a quality outing, how did you beat yourself? (lack of proper preparation, felt rushed, too focused on mechanics, too much thinking, etc.)

8. What are your physical goals for this fall? (mechanics, pitcher development, etc.)

9. What are your mental goals for this fall? (self-regulation, intensity, imagery, etc.)

10. What do you need from your coaches to achieve your potential?

11. Anything you want to say?