Pitching Feedback Sheet

Name ______________________
Date ______________________

What were the pressures you had to contend with in this outing?

How did these pressures impact your performance? (Physically - tightened up, too fine. Emotionally - things sped up. Thoughts - fears, lack of focus, self doubts.)

How was your pre-game preparation?

How was your between pitches routine?

How was your ability to relax and regroup between innings?

What did you enjoy about this outing?

How did you do in recognizing your signal lights and what did you do to regain control?

What did you learn from this outing?