Position Players Feedback Sheet

1. Discuss how you generally felt about the quality of your at-bats last season?

2. When you were hitting well last season, what were you doing? (how was your focus, thinking, effort, etc.)

3. What percentage of at-bats did you give away? How did you give them away? (not prepared, rushed, too focused on mechanics, too much thinking, etc.)

4. When you were hitting, how well were you “in control” of yourself?

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

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

7. What did you learn from last season to become a better hitter?
8. What did you enjoy about playing last year?

9. What are two offensive things you are working on this fall?

10. What are two defensive things you are working on this fall?

11. What are two base running skills you are working on this fall?

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

13. Anything you want to say?