

Name:

Video Analysis

Date:

Skill:

Describe your overall Mentality: (Focus, Attention to detail (Self awareness), and Effort)

Describe the routine you use most frequently? Is it consistent?

Do you see any green light moments? Describe

Any yellow light moments? Describe

Any red light moments? Describe

Did you use your release? Did it work? Did you see yourself physically let go of the last pitch?

What grade would you give yourself today? And why?

What are you proud of from today?

What advice would you give yourself for your next workout/game?

What drills would be helpful to improve your performance?

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