



PITCHER EVALUATION SHEET

Date: _____
 Pitcher: _____
 Year: _____ Email: _____

MECHANICS: (1-10 with 10 excellent)
 Stride: _____ Comments: _____
 Relaxation: _____ Comments: _____
 Posture: _____ Comments: _____
 Release: _____ Comments: _____
 Followthrough: _____ Comments: _____
MAIN FOCUS: _____

DROP: Type: _____
 Posture: _____ Comments: _____
 Release: _____ Comments: _____
 Movement: _____ Comments: _____
MAIN FOCUS: _____

RISE: Type: _____
 Posture: _____ Comments: _____
 Release: _____ Comments: _____
 Movement: _____ Comments: _____
MAIN FOCUS: _____

CHANGE: Type: _____
 Posture: _____ Comments: _____
 Release: _____ Comments: _____
 Speed: _____ Comments: _____
MAIN FOCUS: _____

CURVE:
 Posture: _____ Comments: _____
 Release: _____ Comments: _____
 Movement: _____ Comments: _____
MAIN FOCUS: _____

SCREWBALL:
 Posture: _____ Comments: _____
 Release: _____ Comments: _____
 Movement: _____ Comments: _____
MAIN FOCUS: _____

New Comments:

GENERAL COMMENTS:

PITCHER EVALUATION SHEET

FOCUS FOR NEXT 2 WEEKS:
