

<b>Pitching Analysis Grid</b>	<b>Rate Yourself</b> <i>(1 to 10)</i> <i>1 = Awful, 10 = Awesome</i>	<b>Comments</b>
<b>PRE-WARMUPS:</b>	<b>Overall Rating:</b>	
General Attitude?		
Focus?		
Confidence?		
Nerves?		
Game Plan?		
Healthy?		
Energy?		
<b>WARMUPS:</b>		
General Feeling?		
Energy?		
1 <sup>st</sup> Few Pitches Feel?		
Speed?		
Movement?		
Your Reaction to any Problems?		
Physical Location of Warm-Ups?		
Weather?		
Adjustment Ability?		
Best Quality?		
Best Pitch?		
<i>why?</i>		
Worst Pitch?		
<i>why?</i>		
your adjustment?		
<i>result?</i>		
Mental State at Start of Warmups?		
Mental State at End of Warm-ups?		
<b>THE GAME:</b>		
Focus at Start of 1 <sup>st</sup> Inning?		
Overall Feeling During 1 <sup>st</sup> Batter?		

<b>THE GAME, cont.</b>		
Pitch Quality During 1 <sup>st</sup> Batter?		
Adjustment Ability During 1 <sup>st</sup> Batter?		
Readiness to Pitch the 1 <sup>st</sup> Inning?		
Ability to Adjust to Umpire?		
Ability to Adjust to Pitches?		
Ability to Mentally Stay Focused on Each Pitch?		
-% of Time Your Focus Drifted?		
- things that got you distracted?		
- things you thought about to get focused again?		
How Did the Hitter's Adjust to You?		
How Did You Adjust to the Umpire?		
How Did You Work with Your Catcher?		
What You Thought About the Pitch Calling?		
List Key Pitches You Made in Detail (what the count was, who the hitter was, what result was needed from the hitter, what pitch you made, if it worked why and if it did not work, why?)		

<b>POST GAME:</b>		
What was Your Mental State Following the Game?		
What was the Main Source for Your Feelings?		
What was Your Plan for Change ( <i>if not good</i> ) or for repeating performance if good?)		
How DID your Game Plan Match Your Opponent?		
How Well Did You Follow Your Plan?		
<b>OTHER</b>		
	<b>Overall Rating for this Outing:</b>	