

Pitching Performance Evaluation Sheet

- 1) What were my strengths?
 - 2) What were my weaknesses?
 - 3) Did I execute my pre-game routine?
 - 4) How was my between pitch tempo?
Did I control the game tempo?
 - 5) Was I unpredictable with my pitch selection?
 - 6) Did I throw pitches I was not fully committed to?
 - 7) Was I confident in using multiple pitch types and locations as put away pitches?
 - 8) Did I vary my hold times with runners on?
 - 9) Were my times to the plate quick enough with runners on?
 - 10) Did my catcher and I communicate on the bench between innings?
 - 11) Where did my mind go when my teammates made errors or the umpire missed a pitch?
 - 12) If I had the chance to do it over again, what would I do different?
- 