

TROSKY POSTSEASON CHECKLIST 2

5 Summer Priorities

- 1) To play the highest level of competition,
- 2) To get healthy,
- 3) Player development focus,
- 4) To contact college coaches,
- 5) To continually build your process, using 'CPD,' "BTM," "RYC," "SATE," as your model;
Complete Player Development / Body Tools Makeup / Reach Your Ceiling / Separation Amongst The Elite.

GENERAL - CHECKLIST (questions to answer)

1. What did you learn from your spring season, both mentally and physically?
2. Assess your strengths and weaknesses?
3. This spring, did you overachieve, underachieve, or play as expected?
4. Assess your academic commitment and make the necessary adjustment.
5. Assess your overall commitment to baseball and make the necessary adjustments.
6. Did you journal regularly after practice and games?
7. Did you utilize your extra time and get better?

6th TOOL - MENTAL MAKEUP CHECKLIST (questions to answer using A-F or the 20-80 scale)

1. GRINDER / Focus = []
2. DIRTBAG / Energy = []
3. BULLDOG / Confidence = []
4. ROCK / Bounce Back = []
5. RAT / Preparation = []

5 TOOL - POSITION PLAYERS CHECKLIST (questions to answer using the A-F or the 20-80 scale)

1. RUN TOOL = []
2. HIT TOOL = []
3. FIELD TOOL = []
4. THROW TOOL = []
5. HIT POWER = []

5 TOOL - PITCHERS CHECKLIST (questions to answer using the A-F or 20-80 scale)

1. COMMAND = []
2. QUALITY OF 2ND PITCH = []
3. QUALITY OF 3RD PITCH = []
4. PITCHABILITY = []
5. VELOCITY = []

24/7, Process over the Result!

Better Everyday

Nate Trosky

CEO 6th Tool Nation