

Weekly Workout Log

ACCURACY CHECK

Date: / / / / / / / / **Totals**

FAST

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LO / / / / / / / /

HI / / / / / / / /

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CHANGE

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1. ____ day, ____, 200_
Effort Level (1 is low, 10 is high): ____
Was this a Heavy or Light workout? ____ How long? ____ min
Estimated # of Pitches: ____ Wore release flap? Y/N
Where? ____ Into Net or catcher? ____
Focused on: ____
Got better at: ____
Drills for mechanics: Air through? Y/N
-
-
Drills for speed:
-
-
Drills for accuracy:
-
-
Drills for spins: Spin Right? Y/N 14"ball? Y/N
-
-

2. ____ day, ____, 200_
Effort Level (1 is low, 10 is high): ____
Was this a Heavy or Light workout? ____ How long? ____ min
Estimated # of Pitches: ____ Wore release flap? Y/N
Where? ____ Into Net or catcher? ____
Focused on: ____
Got better at: ____
Drills for mechanics: Air through? Y/N
-
-
Drills for speed:
-
-
Drills for accuracy:
-
-
Drills for spins: Spin Right? Y/N 14"ball? Y/N
-
-

3. ____ day, ____, 200_
Effort Level (1 is low, 10 is high): ____
Was this a Heavy or Light workout? ____ How long? ____ min
Estimated # of Pitches: ____ Wore release flap? Y/N
Where? ____ Into Net or catcher? ____
Focused on: ____
Got better at: ____
Drills for mechanics: Air through? Y/N
-
-
Drills for speed:
-
-
Drills for accuracy:
-
-
Drills for spins: Spin Right? Y/N 14"ball? Y/N
-
-

4. ____ day, ____, 200_
Effort Level (1 is low, 10 is high): ____
Was this a Heavy or Light workout? ____ How long? ____ min
Estimated # of Pitches: ____ Wore release flap? Y/N
Where? ____ Into Net or catcher? ____
Focused on: ____
Got better at: ____
Drills for mechanics: Air through? Y/N
-
-
Drills for speed:
-
-
Drills for accuracy:
-
-
Drills for spins: Spin Right? Y/N 14"ball? Y/N
-
-

5. ____ day, ____, 200_
Effort Level (1 is low, 10 is high): ____
Was this a Heavy or Light workout? ____ How long? ____ min
Estimated # of Pitches: ____ Wore release flap? Y/N
Where? ____ Into Net or catcher? ____
Focused on: ____
Got better at: ____
Drills for mechanics: Air through? Y/N
-
-
Drills for speed:
-
-
Drills for accuracy:
-
-
Drills for spins: Spin Right? Y/N 14"ball? Y/N
-
-

6. ____ day, ____, 200_
Effort Level (1 is low, 10 is high): ____
Was this a Heavy or Light workout? ____ How long? ____ min
Estimated # of Pitches: ____ Wore release flap? Y/N
Where? ____ Into Net or catcher? ____
Focused on: ____
Got better at: ____
Drills for mechanics: Air through? Y/N
-
-
Drills for speed:
-
-
Drills for accuracy:
-
-
Drills for spins: Spin Right? Y/N 14"ball? Y/N
-
-