

## **Self-Evaluation Form**

**List Two Things You Do Well As A Teammate:**

1. \_\_\_\_\_
2. \_\_\_\_\_

**List Two Things You Do Well As A Hitter:**

1. \_\_\_\_\_
2. \_\_\_\_\_

**List Two Things You Do Well As A Defender (INF/P/C/OF):**

1. \_\_\_\_\_
2. \_\_\_\_\_

**List Two Things You Want To Get Better At As A Hitter:**

1. \_\_\_\_\_
2. \_\_\_\_\_

**List Two Things You Want To Get Better At As A Defender:**

1. \_\_\_\_\_
2. \_\_\_\_\_

**What Do You Need To Improve On Physically This Season? (Strength, Quickness, Weight, Stamina, etc.)**

1. \_\_\_\_\_
2. \_\_\_\_\_

**What Do You Need To Improve On As A Person This Season? (Leadership, Communication, Effort, Competitiveness, etc.)**

1. \_\_\_\_\_
2. \_\_\_\_\_

## Self-Development Form

**What Are 3 Things You Are Going To Do To Become A Better Hitter This Season?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What Are 3 Things You Are Going To Do To Become A Better Defender This Season?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What Are 3 Things You Are Going To Do To Become A Better Person This Season?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What Are 3 Things You Are Going To Do To Become Better Physically This Season?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**How Committed Are You?**

1                      2                      3                      4                      5  
Work ONLY at Practice                      Practice 5 to 6 Days a Week

**Why?**

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