

Athlete Development Plan

To be completed together by athlete and coaches

- What part of your game are you looking to improve?
- How do you and coaches rate your performance right now?

Performance Goal: Reduce walks by 1 per outing	By what date?: End of March 2023
<p>What lifestyle, training, and gameday behaviors need to change, modify, and/or intensify to accomplish this performance goal?:</p> <p>Sit with pitching coach to develop a clear I need to follow through on as well as ask him more specific questions about pitch location, my mechanics and ways to pound the zone</p>	
<p>What psychological strengths do you currently have that will support this performance goal?</p> <p>Emotional Control, Self-Efficacy, Need for Cognition</p>	
<p>What psychological strengths do you need to develop further to attain this performance goal?</p> <p>Diligence, Inquisitiveness, Resilience</p>	

Progression Toward Performance Goal

<i>Date</i>	2/10/23									
<i>Student's Rating</i>	2									
<i>Coach's Rating</i>	2									

1=Poor, 2=Fair, 3=Good, 4=Excellent