

6th Tool Nation,

As we transition into the fall, we want to provide you with an overview of the Trosky Post Summer Season Checklist - a valuable tool designed to assess your performance, identify areas of improvement, and continue your development journey.

Post Summer Season Checklist 1 and 2

This checklist focuses on your fall priorities, including self-assessment, strengths and weaknesses management, staying healthy, and committing to complete player development. It also encourages you to reflect on your academic and baseball commitments, as well as your utilization of time.

6th Tool - Mental Makeup Check List & 5 Tools Assessment

The mental makeup checklist emphasizes the importance of mental strength in your game. It includes components like focus, energy, confidence, bounce back, and preparation. Additionally, there's an assessment of the 5 physical tools - run, hit, field, throw, and hit power.

Remember, the mission should always be greater than your feelings, and the process should be valued more than the outcome. Embrace the journey of improvement and development, and never underestimate the power of consistent effort.

5 Tool Training Calendar

The Trosky 5 Tool Training Calendar is a valuable tool for player development and should be utilized by all serious players.

First download and print the calendar. Second, make 12 copies for each month. 3rd, fill in your calendar with your training schedule.

Remember to use the "CPD" Complete Player Development training model that focuses on "BTM," Body, Tools, and Makeup.

Currency: Invest Wisely

One of the critical aspects emphasized in the checklists is the concept of currency - the investment you make in your baseball bank account. Are you on the Road Less Traveled, earning the highest currency through dedication and hard work, or are you on the Road Most Traveled, earning the lowest currency? It's a reminder to live and invest differently in order to achieve exceptional results.

(replace my name with yours) I'm Nate Trosky, my greatest strength is my preparation and I will beat you with mind!

#Bettereveryday

TROSKY TEAMS

POST SUMMER

SEASON CHECKLIST 1

CHECKLIST 1

All Players: Below is our “Post Summer Season Checklist.” The purpose of the checklist is to assess the quality of your summer season. Shortly after completing your last game, go through the checklist and grade yourself in the categories that apply to you, using the numbers 1-10. Use the list also as a guide for your fall training and player development program. Feel free to expand the list according to your personal needs.

After completing your last summer game, go through the checklist below and grade yourself using numbers 1-10, (1 being the lowest score and 10 the highest). Use the checklist also as a guide for your fall training and player development program. Feel free to expand the list according to your personal needs.

Better Everyday!
Coach Trosky,
CEO / 6th Tool Nation

BOXES TO CHECK

The Catcher’s “10”

1. Throw Tool / Clock work
2. Blocking
3. Receiving
4. Fielding Bunts / Plays at the Plate
5. Game Calling
6. Situational Communication

7. Situational Awareness
8. Pitcher Catcher Relationship
9. Body & Flexibility
10. IQ

The Pitcher's "10"

1. Command
2. Pitch-ability
3. Quality of 2nd Pitch
4. Quality of 3rd Pitch
5. Velocity
6. Controlling Running Game
7. Fielding Your Position
8. Mental Game
9. Body & Flexibility
10. Delivery / Mechanics

The Outfielder's 10"

1. Reads / Judgement
2. Footwork
3. Routes
4. Fly-balls / Line-drives
5. Ground-balls
6. Communication
7. Throw Tool
8. Mental Game
9. Run Tool
10. Completing plays on a clock with a target

The Infielder's "10"

1. 3 Lane Glove-work (Neutral, Backhand, Forehand)
2. Slow Rollers
3. Double Plays (Turns & Feeds)
4. Relays / Tags / Pop-ups
5. Footwork
6. Completing plays on a clock with a target
7. Feet (Light, Explosive, Quick)
8. Flexibility
9. Throw Tool
10. Mental Game

The Hitter's "10"

1. Fast-ball (3 Speeds & 3 Lanes)

2. Off Speed Pitches (CB, SL, CU)
 3. Recognition / Decision Making
 4. Approach
 5. Mental Game
 6. Situational Hitting
 7. Challenge Reps
 8. 2 Strike Hitting
 9. Swing / Mechanics
 10. Power (Exit Speed)
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TROSKY TEAMS POST-SUMMER

SEASON CHECKLIST 2

5 FALL PRIORITIES: 1) to evaluate yourself, 2) to manage your strengths and work on your weaknesses, 3) to get healthy (if injured), 4) to commit to Complete Player Development, and 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 (answer the following questions)

1. What did you learn from your summer season, mentally and physically?
2. At this point in your game (after summer baseball), assess your strengths and weaknesses.
3. This summer, did you overachieve, underachieve, or play as anticipated and expected?
4. Establish your academic commitment and goals for the fall term, and prepare to make the necessary adjustments.
5. Assess your overall commitment to baseball.
6. What areas of "CPD," Complete Player Development, "BTM," Body Tools, and Makeup are you neglecting the most and what areas are you thriving in the most?
7. This summer, did you journal regularly after your practices and games?

8. This summer, did you utilize your free time wisely?
 9. This summer, how much time on average did you waste each day on your phone?
 10. If you could relive the summer season, what would you do differently? What would you do better? What would you do more of the same?
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6th TOOL - MENTAL MAKEUP CHECKLIST

GRADE THE CURRENT STATUS OF YOUR IN-GAME MENTAL MAKEUP

Grade yourself looking back at your entire summer, each pitch of every game

(use the A-F or 20-80 grading scale)

- **GRINDER / Focus =**
 - **DIRTBAG / Energy =**
 - **BULLDOG / Confidence =**
 - **ROCK / Bounce Back =**
 - **RAT / Preparation =**
1. What is your strongest of the 5 mental makeup components of the 6th tool?
 2. What is your weakest of the 5 mental makeup components of the 6th tool?
 3. What is your second weakest of the 5 mental makeup components of the 6th tool?
 4. Set new goals to improve these two areas.
 5. Find someone to hold you accountable and someone that you can train with to make significant gains in these 2 areas. List the person's name here _____
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5 TOOLS - PHYSICAL TOOLS CHECKLIST

GRADE THE CURRENT STATUS OF YOUR 5 PHYSICAL TOOLS

BELOW IS THE 5 TOOL CHECKLIST

(use the A-F or the 20-80 grading scale)

1. **RUN TOOL =**
2. **HIT TOOL =**
3. **FIELD TOOL =**

4. **THROW TOOL =**

5. **HIT POWER =**

1. What is your strongest of the 5 physical tools?
 2. What is your weakest of the 5 physical tools?
 3. What is your second weakest of the 5 physical tools?
 4. Set goals to improve these two tools.
 5. Find someone to hold you accountable and someone that you can train with to make significant gains in these 2 areas. List the person's name here_____
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Remember: Keep the Mission greater than your feelings, the Process greater than the Result, and never forget that feeling good is overrated!

Better Everyday
Nate Trosky
CEO 6th Tool Nation