

TROSKY - 5 - Tool Training Calendar



Current Date

Enter Event Name Here
TRAIN THE DATE (TTD)

Wednesday, January 1

Jun-1

Sep-1

My Name is _____, I am the CEO of the 6th Tool Nation!

Sunday, July 7, 2024

DAYS UNTIL EVENT(S) =

Click Here To View Sample Calendar	Month	10.0	Instructions	ICIW	GYMR	BTM	FNFO	BGH	COTC	CPD	TTD	AAO	DCBA	X2E	SATE
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WEEKLY GRADE (20-80 Scale)	Outlook Calendar	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.0	Week 1							
10.0	WEEK 2							
10.0	WEEK 3							
10.0	WEEK 4							
10.0	WEEK 5							

WEEK GRADE	WEEK 1	Click Here To View Training Menu											
TOOLS	X Per Week	#	TOOLS	#	TOOLS	#	TOOLS	#	TOOLS	#	TOOLS	#	TOOLS
10	3		Speed		Speed		Speed		Speed		Speed		Speed
10	4		Throw		Throw		Throw		Throw		Throw		Throw
10	3		Hit Power		Hit Power		Hit Power		Hit Power		Hit Power		Hit Power
10	3		Hit Average		Hit Average		Hit Average		Hit Average		Hit Average		Hit Average
10	3		Fielding		Fielding		Fielding		Fielding		Fielding		Fielding
STRENGTH	X Per Week	#	STRENGTH	#	STRENGTH	#	STRENGTH	#	STRENGTH	#	STRENGTH	#	STRENGTH
10	2		Upper Body		Upper Body		Upper Body		Upper Body		Upper Body		Upper Body
10	2		Lower Body		Lower Body		Lower Body		Lower Body		Lower Body		Lower Body

WEEK GRADE	WEEK 2	Click Here To View Training Menu											
TOOLS	X Per Week	#	TOOLS	#	TOOLS	#	TOOLS	#	TOOLS	#	TOOLS	#	TOOLS
10			Speed		Speed		Speed		Speed		Speed		Speed
10			Throw		Throw		Throw		Throw		Throw		Throw
10			Hit Power		Hit Power		Hit Power		Hit Power		Hit Power		Hit Power
10			Hit Average		Hit Average		Hit Average		Hit Average		Hit Average		Hit Average
10			Fielding		Fielding		Fielding		Fielding		Fielding		Fielding
STRENGTH	X Per Week	#	STRENGTH	#	STRENGTH	#	STRENGTH	#	STRENGTH	#	STRENGTH	#	STRENGTH
10			Upper Body		Upper Body		Upper Body		Upper Body		Upper Body		Upper Body
10			Lower Body		Lower Body		Lower Body		Lower Body		Lower Body		Lower Body

WEEK GRADE	WEEK 3	Click Here To View Training Menu											
TOOLS	X Per Week	#	TOOLS	#	TOOLS	#	TOOLS	#	TOOLS	#	TOOLS	#	TOOLS
10			Speed		Speed		Speed		Speed		Speed		Speed
10			Throw		Throw		Throw		Throw		Throw		Throw
10			Hit Power		Hit Power		Hit Power		Hit Power		Hit Power		Hit Power
10			Hit Average		Hit Average		Hit Average		Hit Average		Hit Average		Hit Average
10			Fielding		Fielding		Fielding		Fielding		Fielding		Fielding
STRENGTH	X Per Week	#	STRENGTH	#	STRENGTH	#	STRENGTH	#	STRENGTH	#	STRENGTH	#	STRENGTH
10			Upper Body		Upper Body		Upper Body		Upper Body		Upper Body		Upper Body
10			Lower Body		Lower Body		Lower Body		Lower Body		Lower Body		Lower Body

WEEK GRADE	WEEK 4	Click Here To View Training Menu											
TOOLS	X Per Week	#	TOOLS	#	TOOLS	#	TOOLS	#	TOOLS	#	TOOLS	#	TOOLS
10			Speed		Speed		Speed		Speed		Speed		Speed
10			Throw		Throw		Throw		Throw		Throw		Throw
10			Hit Power		Hit Power		Hit Power		Hit Power		Hit Power		Hit Power
10			Hit Average		Hit Average		Hit Average		Hit Average		Hit Average		Hit Average
10			Fielding		Fielding		Fielding		Fielding		Fielding		Fielding
STRENGTH	X Per Week	#	STRENGTH	#	STRENGTH	#	STRENGTH	#	STRENGTH	#	STRENGTH	#	STRENGTH
10			Upper Body		Upper Body		Upper Body		Upper Body		Upper Body		Upper Body
10			Lower Body		Lower Body		Lower Body		Lower Body		Lower Body		Lower Body

WEEK GRADE	WEEK 5	Click Here To View Training Menu											
TOOLS	X Per Week	#	TOOLS	#	TOOLS	#	TOOLS	#	TOOLS	#	TOOLS	#	TOOLS
10			Speed		Speed		Speed		Speed		Speed		Speed
10			Throw		Throw		Throw		Throw		Throw		Throw
10			Hit Power		Hit Power		Hit Power		Hit Power		Hit Power		Hit Power
10			Hit Average		Hit Average		Hit Average		Hit Average		Hit Average		Hit Average
10			Fielding		Fielding		Fielding		Fielding		Fielding		Fielding
STRENGTH	X Per Week	#	STRENGTH	#	STRENGTH	#	STRENGTH	#	STRENGTH	#	STRENGTH	#	STRENGTH
10			Upper Body		Upper Body		Upper Body		Upper Body		Upper Body		Upper Body
10			Lower Body		Lower Body		Lower Body		Lower Body		Lower Body		Lower Body

ACCOUNTABILITY vs DISTRACTIONS

2 Distractions	-1	1 Accountability
enter a distraction here		enter accountability here
enter a distraction here		

GOALS / CHECK-IN / RESULTS

GOALS

1	Short Term Goal:	Enter Short term Goal
2	Mid Term Goal:	Enter Mid Term Goal
3	Long Term Goal:	Enter Long Term Goal

CHECK-IN

1	Execution / Consistency:	Enter Grade & Notes
2	Distraction Management:	Enter Grade & Notes
3	CEO of the CEO:	Enter Grade & Notes
4	Didn't Do Well:	Enter Grade & Notes
5	Did Well:	Enter Grade & Notes
6	Next Month Adjustments:	Enter Notes

5 Tool Navigation

TOOLS	GOAL	DATE
1. SPEED	enter goal	enter date
2. THROW	enter goal	enter date
3. HIT-POWER	enter goal	enter date
4. HIT-AVG	enter goal	enter date
5. FIELDING	enter goal	enter date

QUICK LINKS & RESOURCES

[Morning Mantra](#) [Kali Baseball](#) [Trosky Baseball](#)
[GYMRI](#) [Mental Make-Up](#) [Trosky YouTube](#)
[Printable Calendar](#) [5 Tool Navigation](#) [5 Tool Rankings](#)
[6TH Tool Covenant](#) [6th Tool Nation](#) [Player Profile Help](#)

PLAYER NOTES:

enter your notes here

6th TOOL COVENANT:

Today I am committing to becoming an elite member of the 6th Tool Nation. I will press on towards my goals and strive to be the best that I can be, keeping my attitude greater than the circumstances, my mission greater than my feelings, and the team greater than myself! I will embrace the adversity that I will face throughout my journey, seeking the advantage in the disadvantage and the solution in the problem. Understanding that in every victory there's great defeat and in every success there's great challenge! *

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	RESULTS	AVERAGE	%	% of OVERALL
70	70	70	70	70	OVERALL	70	x	x
10	10	10	10	10	Speed	10	20%	14%
10	10	10	10	10	Throw	10	20%	14%
10	10	10	10	10	Hit Power	10	20%	14%
10	10	10	10	10	Hit Average	10	20%	14%
10	10	10	10	10	Fielding	10	20%	14%
10	10	10	10	10	Upper Body	10	50%	14%
10	10	10	10	10	Lower Body	10	50%	14%
50	50	50	50	50	TOOLS	50	x	x
20	20	20	20	20	STRENGTH	20	x	x

Checklist	NEXT MONTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
school events	Week 1							
tournaments	WEEK 2							
practices	WEEK 3							
lessons	WEEK 4							
personal events	WEEK 5							