

- 1) What was your best pitch? Why?
- 2) What pitch did you use in clutch situations?
- 3) What pitch was hit the hardest?
- 4) If you had trouble with command, which pitch and where?
- 5) What adjustments will you make between now and the next time you practice or pitch?
- 6) What were your **interferences** for today's game?
- 7) How did you experience **interference** before the game?
- 8) How did your pre-game bullpen go for you?
- 9) How did your **interference level (10 most uncomfortable)** affect your actual pitching performance?
- 10) How much self-control did you experience before your pitches?
- 11) What did you do to regain control when you felt that you were not where you needed to be?
- 12) What did you learn from today's performance?
- 13) What Level (1-3) did you pitch at today? Why?
- 14) How was the support that you received from your coach and teammates?
- 15) Anything you want to say?
- 16) Drills and goals for next week: