

Preseason Feedback-

Name _____

Date: _____

1. What are the **specific physical skills** you bring to the team, which makes us stronger (be specific)?

2. What are the **specific intangible qualities** you bring to the team, which makes us stronger?

3. Use ONE word to describe this team?

4. What are your **individual goals** regarding your **offense**? Be specific

4a. Name **two** specific **ways** you will attain the above goal?

1. _____
2. _____

4b. What two specific areas do you need additional help in re: offense

1. _____
2. _____

5. What are your **individual goals** regarding your **defense**? Be specific

5a. Name **two** specific **ways** you will attain the above goal?

1. _____
2. _____

5b. What two specific areas do you need additional help in re: defense:

1. _____
2. _____

6. What are your **individual goals** regarding your **defense**? Be specific

7. What are the realistic goals for this team this year (be specific: by tournaments, conference, post season)

7a. What are the important steps needed to attain those goals above?

8. If you are a returner, what advise (list three things) would you give the freshman now that you have more perspective and wisdom?

1. _____
2. _____
3. _____

9. Seniors only, what pieces of advise do you have for the entire team?

10. Freshman: What do **YOU** think it will take to play **FEARLESS** UCLA Softball: from Day 1 of competition and beyond?

10a. What do you fear the most?

11. Team: How are **YOU** going to turn **NERVES** into **EXCITEMENT** (positive energy)? List two specific solutions, which will help you.

1. _____
2. _____

12. Please rank in order (**one**-is the **most important**... two is second most important...)

Who's **praise** do you **value** the **most** in your **athletic career**. (regarding your playing ability)

_____ Team members

_____ Family/friends

_____ Coaches

13. Anything you need to say?
