

Post Season Feedback-Softball

Name _____

Date _____

1a..As a team, what are you most proud of regarding this year?

1b. As an individual, what skills are you most proud of mastering or improving on?

Offense _____

Defense _____

Mental _____

2.Please evaluate the team’s TEAM attitude when:

We are doing well and on a roll: (1=poor 10= excellent)_____

We are doing poorly and struggling: (1=poor 10= excellent)_____

In hindsight, how could this team have managed the downs more efficiently?

3A.Please rank your improvement as an individual during FALL training?

OFFENSE:(1=poor 10= excellent)_____

DEFENSE: (1=poor 10= excellent)_____

MENTAL TOUGHNESS: (1=poor 10= excellent)_____

3B.Please rank your improvement as an individual during IN SEASON?

OFFENSE:(1=poor 10= excellent)_____

DEFENSE: (1=poor 10= excellent)_____

MENTAL TOUGHNESS: (1=poor 10= excellent)_____

3C.Please rank your improvement as an individual during POST SEASON?

OFFENSE:(1=poor 10= excellent)_____

DEFENSE: (1=poor 10= excellent)_____

MENTAL TOUGHNESS: (1=poor 10= excellent)_____

4.Name 3 physical areas you are committed to improving next year.

1. _____

2. _____

3. _____

5.Name 3 mental/emotional areas you are committed to improving next year.

1. _____

2. _____

3. _____

6.Please rank your emotional IQ?.How smart/efficient in “flushing” when I am frustrated, mad, or sad?

(1=poor 10= excellent)_____

7. Please rank what YOUR TEAMMATES think of your emotional IQ?

(1=poor 10= excellent)_____

8.What improvements would you like to see in this program next year?

9. SENIORS: What words of wisdom do you have for those who follow?

When times are good:

When times are bad:

10. Anything else you would like to say?

