



Feedback Lab: Weekly Accountability Worksheet

Get Better by *Doing* :

1. Practice proven movements
2. Use Sticky Cues
3. Monitor Feedback

Player's Name:

Hitting Objective:

Drill:

Date	Time Spent	Parent's Initials
1)		
2)		
3)		
4)		
5)		
6)		
7)		

Parent/Coach Notes:

Hitting Objective:

Drill:

Date	Sets (Time)	Parent's Initials
1)		
2)		
3)		
4)		
5)		
6)		
7)		

Parent/Coach Notes:

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Parent/Coach Notes: