

## TROSKY POSTSEASON CHECKLIST 1

### High School Players:

Below is our "PostSeason Checklist." The purpose of the checklist is to assess the quality of your season. Soon after completing your last game, go through the checklist and grade yourself in the categories that apply to you, numbers 1-10.

Also, use the list as a guide for your summer training and player development program. Feel free to expand the list according to your personal needs.

**Pre High School Players:** Even though you haven't completed a high school season, as the spring season comes to an end, this is a great time to assess yourself, both mentally and physically.

### Better Everyday!

**Coach Trosky,  
CEO / 6th Tool Nation**

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#### The Catcher's "10"

1.  Throw Tool / Clockwork
  2.  Blocking
  3.  Receiving
  4.  Fielding Bunts / Plays at the Plate
  5.  Game Calling
  6.  Situational Communication
  7.  Situational Awareness
  8.  Pitcher Catcher Relationship
  9.  Body & Flexibility
  10.  IQ
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#### The Pitcher's "10"

1.  Command
  2.  Pitch-ability
  3.  Quality of 2nd Pitch
  4.  Quality of 3rd Pitch
  5.  Velocity
  6.  Controlling Running Game
  7.  Fielding Your Position
  8.  Mental Game
  9.  Body & Flexibility
  10.  Delivery / Mechanics
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#### The Outfielder's 10"

1.  Reads / Judgement
  2.  Footwork
  3.  Routes
  4.  Fly-balls / Line-drives
  5.  Ground-balls
  6.  Communication
  7.  Throw Tool
  8.  Mental Game
  9.  Run Tool
  10.  Completing plays on a clock with a target
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### The Infielder's "10"

1. [ ] 3 Lanes Glove-work (Neutral, Backhand, Forehand)
  2. [ ] Slow Rollers
  3. [ ] Double Plays (Turns & Feeds)
  4. [ ] Relays / Tags / Pop-ups
  5. [ ] Footwork
  6. [ ] Completing plays on a clock with a target
  7. [ ] Feet (Light, Explosive, Quick)
  8. [ ] Flexibility
  9. [ ] Throw Tool
  10. [ ] Mental Game
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### The Hitter's "10"

1. [ ] Fast-ball (3 Speeds & 3 Lanes)
  2. [ ] Off-Speed Pitches (CB, SL, CU)
  3. [ ] Recognition / Decision Making
  4. [ ] Approach
  5. [ ] Mental Game
  6. [ ] Situational Hitting
  7. [ ] Challenge Reps
  8. [ ] 2 Strike Hitting
  9. [ ] Swing / Mechanics
  10. [ ] Power (Exit Speed)
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### CURRENCY

What currency are you investing into, and putting into your baseball bank account? Work Backward then align. Are you on the Road Less Traveled, or on the Road Most Traveled? Being elite means preparing differently!

- **DR ATM** = No Currency = \$0 USD - Looser (cashier)
  - **Iranian Rial** = \$1,000 = 1/4 of a penny - Cruiser (cook)
  - **DR Peso** = \$1,000 = \$20 - Poser (sanitizer/cleaner)
  - **Canadian Dollars** = \$1,000 = \$900 USD - Grinder (manager)
  - **Euro** \$1,000 = \$950 USD - CEO (CEO)
  - **USA Dollars** \$1,000 = \$1,000 USD - CEO2 (CEO2)
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