full circle fastpitch

practice log

Keep track of every pitching practice you do. If it is 10 minutes or 60 minutes, it still counts. I want to know how much time + effort you are putting into becoming a better pitcher. Instructions: 1. Date you practiced 2. Time - how long you practiced for 3. What I will get better at today: write this BEFORE you start your practice so you are focused on it the entire time 4. Write which workout or drills you did 5. Write down any notes or questions you had from this practice (optional)

Date:	Time:	What I will get better at today:	Workout/Drills:	Other Notes:

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