

WELCOME TO YOUR GAME LOG

This is your unlock.

We anticipate what's going to happen. Some call this a gut feeling, while others chalk it up as part of their talent. This game log teaches you how to play probabilities, see trends, and exploit a pitcher's tendencies. Treat this journal as your secret key to collecting hits.

HOW TO USE

The journal key is your reference when you enter in your games. You can record your at-bats in-game and in-between innings or record them afterwards. You will see tendencies and trends faster if you record while playing. Use the game debrief after each game. This will help you source ideas, thoughts, and action items you can take in the future.

This journal is built to be your companion for the season. Let your thoughts flow onto the page during your game debrief.

Review your past entries on the car ride to your next practice or game. Commit to entering in your journal for two weeks to see your progress. Once you see the results you'll want to keep entering in all your games.

JOURNAL KEY

TRACKING PITCHES

Pitch Type	Called Strike	Called Ball	Swing	Ball in Play
Fastball: FB	<u>FB</u>	FB	(FB)	[FB]
Curveball: CU	<u>CU</u>	CU	(CU)	[CU]
Changeup: CH	<u>CH</u>	CH	(CH)	[CH]
Slider: SL	<u>SL</u>	SL	(SL)	[SL]

RESULT TRACKING

Out Types	Reaching on Base Types
Strikeout swinging: K	Walk: BB
Strikeout looking: X	Hit by Pitch: HBP
Line Out: LO	Intentional Walk: IBB
Fly Out: FL	Single: 1B
Ground Out: GO	Double: 2B
Foul Out: FO	Triple: 3B
Ground Ball Double Play: GDP	Home Run: HR
Fielder's Choice: FC	Grand Slam: GS
	Error: E

QUALITY AT BAT


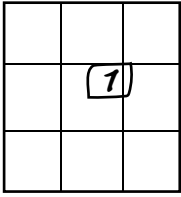


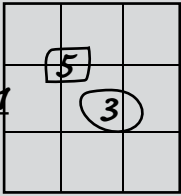

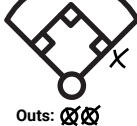
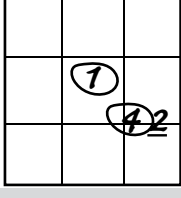


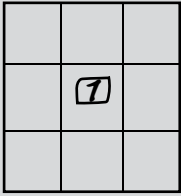


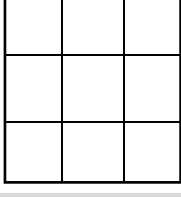

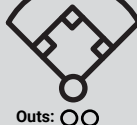
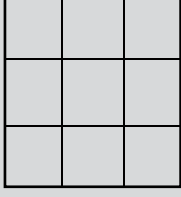

1.Hit	4.Hit By Pitch	7.RBI
2.Hard Hit Ball	5.Walk	8.+8 Pitch At-Bat
3.Sacrifice Fly/Bunt	6.Move runner over	

EXAMPLE: LOGGING A GAME

Game # of the season: 12

Opponent: *Wildcats*

Date: 7/10/23

At-Bat	Inning	Situation	Pitch Sequence	Pitch Locations	Results																								
1	1st	Pitcher: Last name #7 Arm: RHP  Outs: <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<table border="1"> <tr><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>FB</td><td></td><td></td><td></td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td></td><td></td><td></td><td></td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td></td><td></td><td></td><td></td></tr> </table>	1	2	3	4	FB				5	6	7	8					9	10	11	12						<div>1B</div>  Quality At-Bat: <input checked="" type="checkbox"/> or <input type="checkbox"/> N
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EXAMPLE: DEBRIEFING A GAME

Pitchers Faced/Notes

(RHP) / LHP Pitcher 1: *Last name #7*

Last name #7

FB: arm side run, challenged in, 80-85mph
estimate

RHP (LHP) Pitcher 2: Last name #44

CH: show pitch

CU: more of a slurve, breaks early

RHP / LHP Pitcher 3: _____

Last name #44

CU: doesn't break, spinner

RHP / LHP Pitcher 4: _____

What was your approach today?

Attack early in the count, focus on hitting balls up in the zone.

Did your approach work? Would you change it next time you face this team? If so, how?

Yes, but had to adjust to seeing off-speed after my first at-bat. They went more off-speed after swinging at the changeup in my second at-bat.

Next time we face them: attack off-speed early and see it up.

Any key or high pressure situations? How did you feel? How did you do?

2nd inning: runners in scoring position, base hit would score two and give us the lead. I lined out. Pitcher made a good first pitch. Hit a mistake fastball. Surprised he didn't go with the change-up again.

7th inning: bases loaded, we were down by one, hit a grand slam. Changed my approach to attack the off-speed.

What was your pre-game? What did you do? How did you feel before your first at-bat?

Pre-game: two drills (step-back and inside tee's), three rounds of overhand toss (2 rounds of fastballs and 1 one round of curveballs).

I felt strong going into the first at-bat. I was focused in on getting my body timed up with the pitcher.

Conclusions/Recommendations for yourself/Action items

I need to review my notes again before we face this team again. I'm setting a reminder in phone. We play them next weekend.


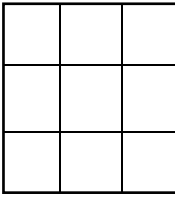


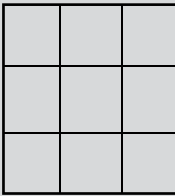


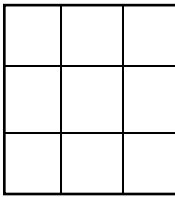


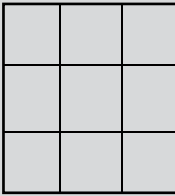


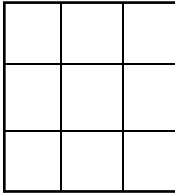


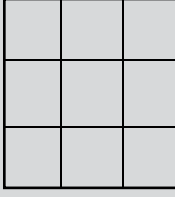

**START
COLLECTING
HITS**

GAME LOG

Game # of the season:

Opponent:

Date:

At-Bat	Inning	Situation	Pitch Sequence	Pitch Locations	Results
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GAME DEBRIEF

Pitchers Faced/Notes

RHP / LHP Pitcher 1: _____

RHP / LHP Pitcher 2: _____

RHP / LHP Pitcher 3: _____

RHP / LHP Pitcher 4: _____

What was your approach today?

Did your approach work? Would you change it next time you face this team? If so, how?

Any key or high pressure situations? How did you feel? How did you do?

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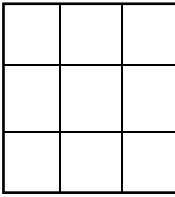


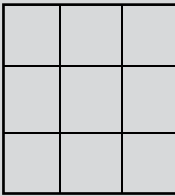


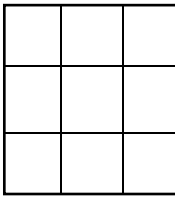


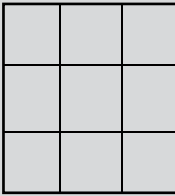


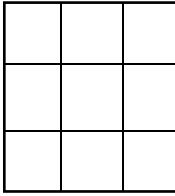


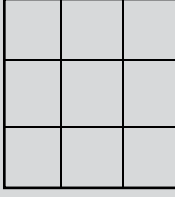

Conclusions/Recommendations for yourself/Action items

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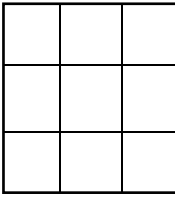


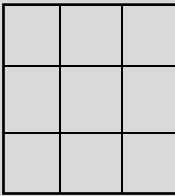


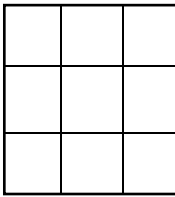


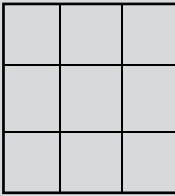


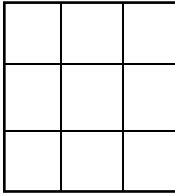


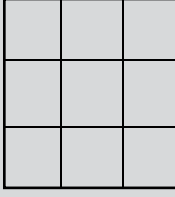

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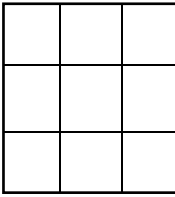


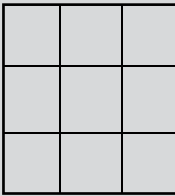


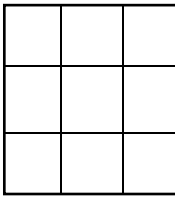


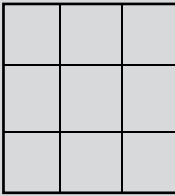


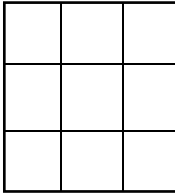


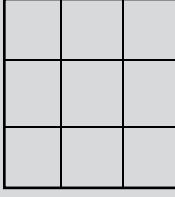

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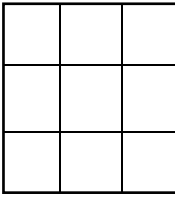


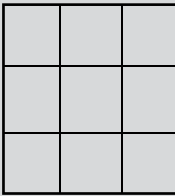


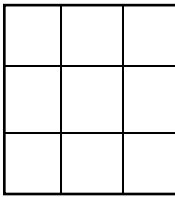


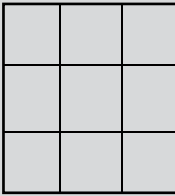


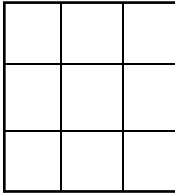


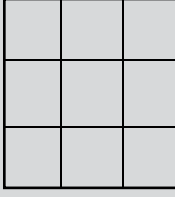

Conclusions/Recommendations for yourself/Action items

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GAME DEBRIEF

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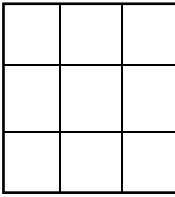


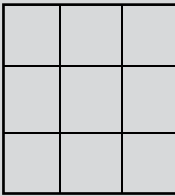


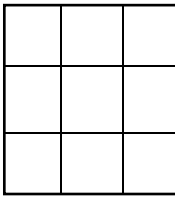


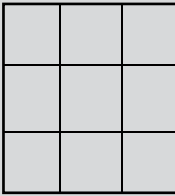


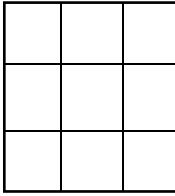


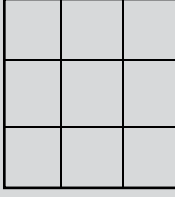

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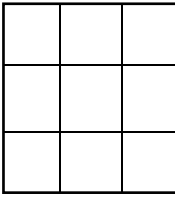


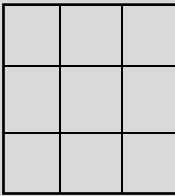


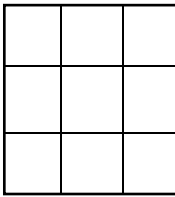


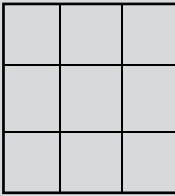


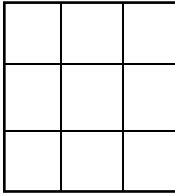


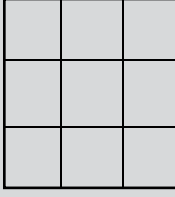

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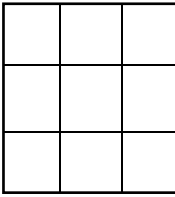


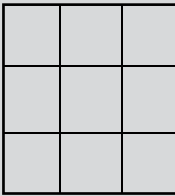


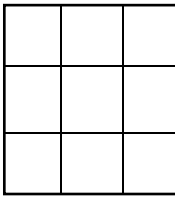


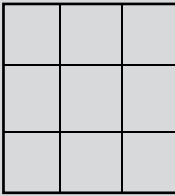


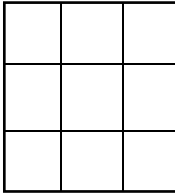


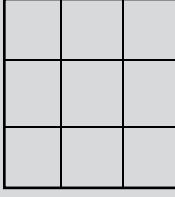

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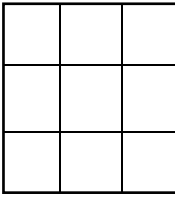


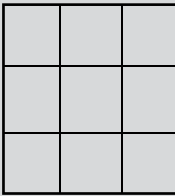


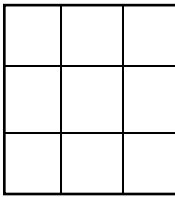


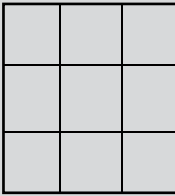

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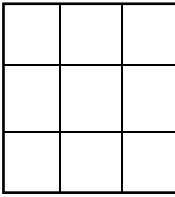


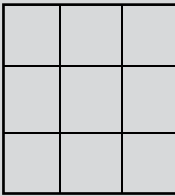


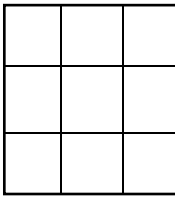


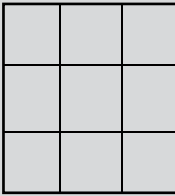


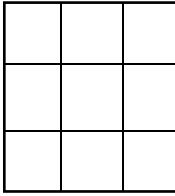


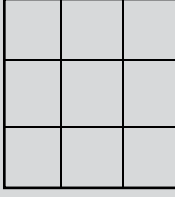

Conclusions/Recommendations for yourself/Action items

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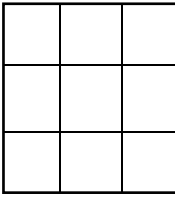


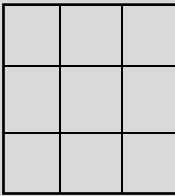


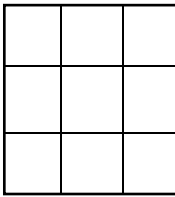


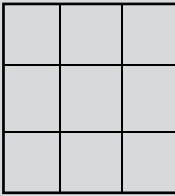

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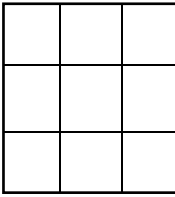


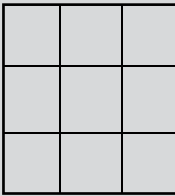


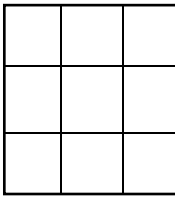

Conclusions/Recommendations for yourself/Action items

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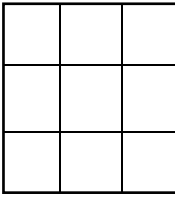


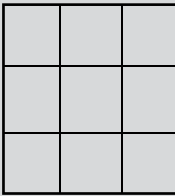


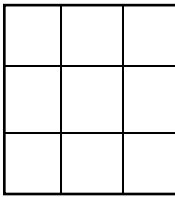


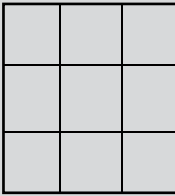


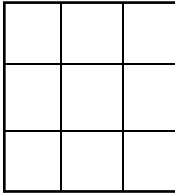


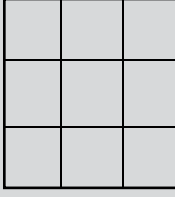

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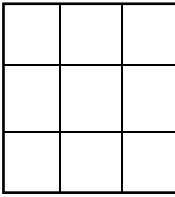


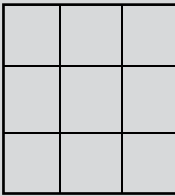


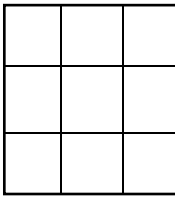


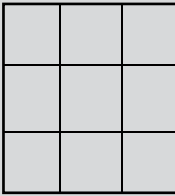


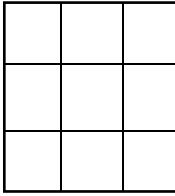


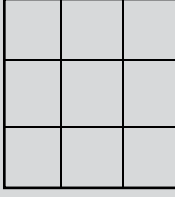

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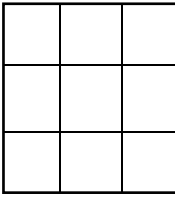


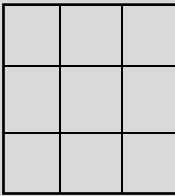


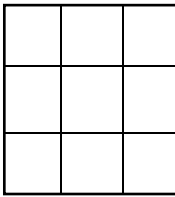


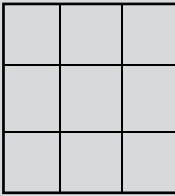


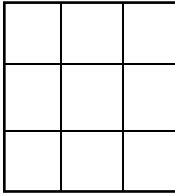


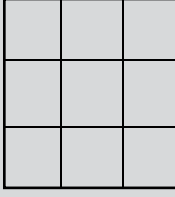

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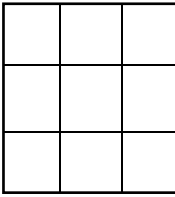


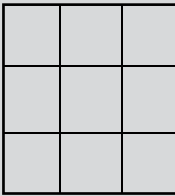


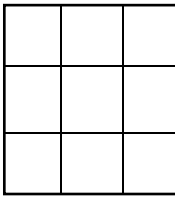


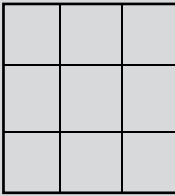


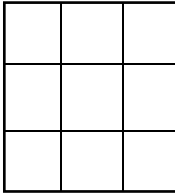


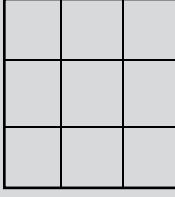

Conclusions/Recommendations for yourself/Action items

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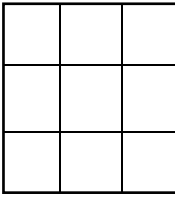


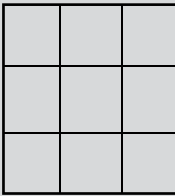


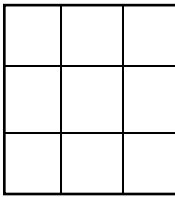


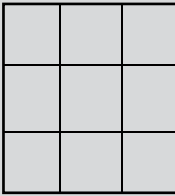


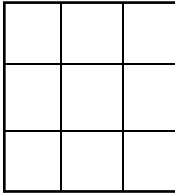


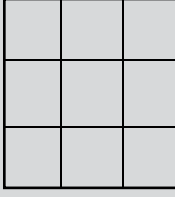

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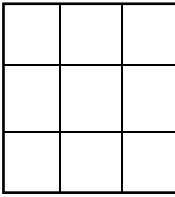


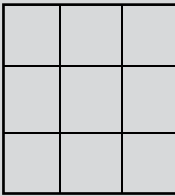


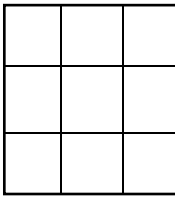


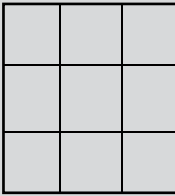


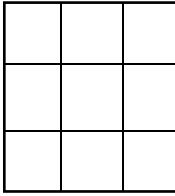


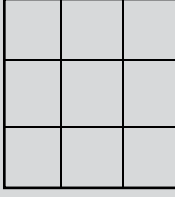

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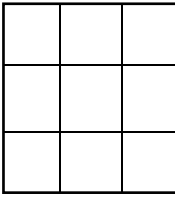


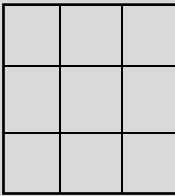


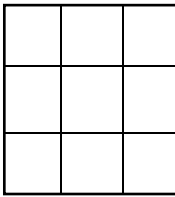


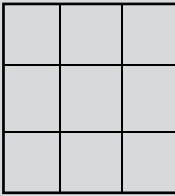


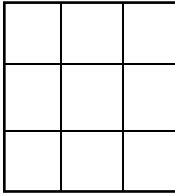


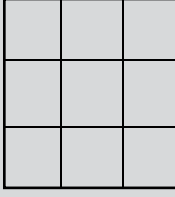

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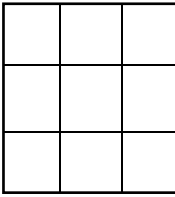


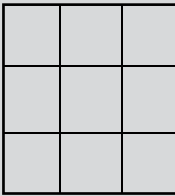


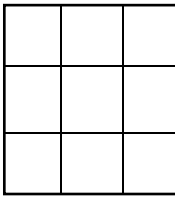


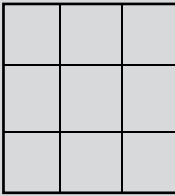

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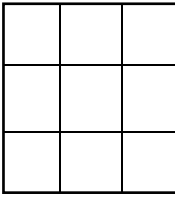


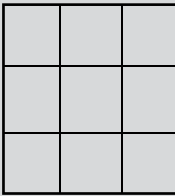


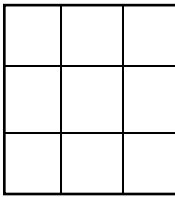


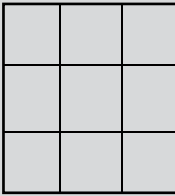


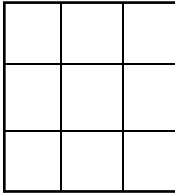


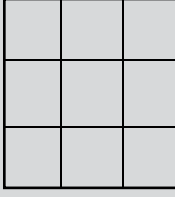

Conclusions/Recommendations for yourself/Action items

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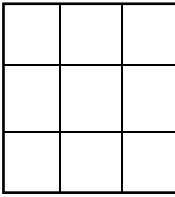


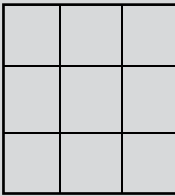


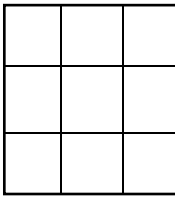


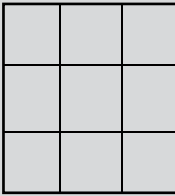


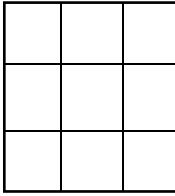


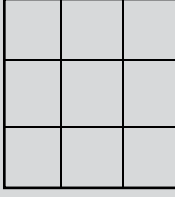

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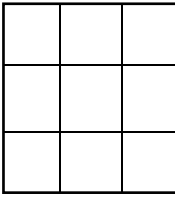


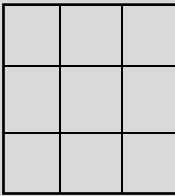


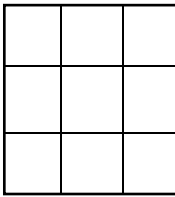


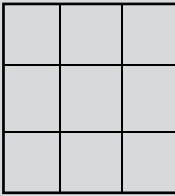


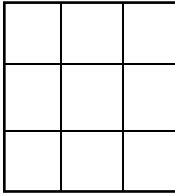


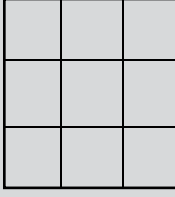

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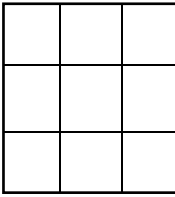


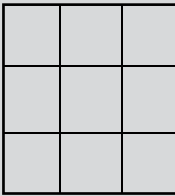


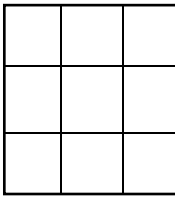


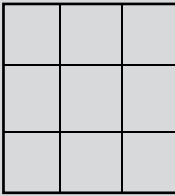


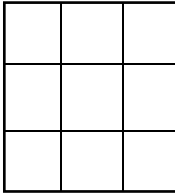


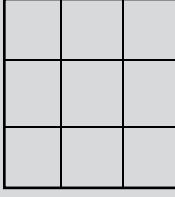

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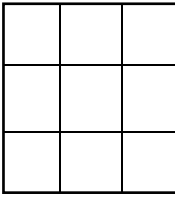


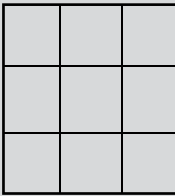


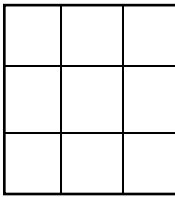


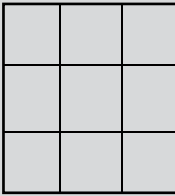

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