

Name: _____

Age: _____

Mt Horeb Softball "K Club"



		Practice Drill	Practice Drill	Practice Drill	Practice Drill/ Full Pitches	Daily Total	Grand Total
ex:	Nov 11	25 wrist snaps	25 "K" drills	25 warm-ups	35 full pitches	110	110
ex:	Nov 14	15 form checks	25 wrist snaps	25 wall circles	30 "K" drills	95	205
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How It Works

This is an optional program meant to add a fun challenge to your winter pitching practices. Track your reps each time you practice to see how high of a level you can achieve with your grand total by April 15! All pitches and drills count (see our email with suggestions to help get you started); mix and match which drills you do over the winter to focus on different parts of your pitching form. Have fun!

Achievement Levels

- Perfect Game:** 10,000+ (about 450 reps/week)
- No Hitter:** 7,500+ (about 350 reps/week)
- Shutout:** 5,000+ (about 225 reps/week)
- Win:** 2,500+ (about 115 reps/week)

The softball club will be recognizing players for their pitching practice achievements at a game in the spring! Turn this form in to your coach at one of your first spring season practices.

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	Date	Practice Drill	Practice Drill	Practice Drill	Practice Drill/ Full Pitches	Daily Total	Grand Total
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Coach/Instructor Check-Ins

"Practice Makes Perfect" - but only if it's good practice!
 Check in with a pitching coach or attend the open gyms held by the softball club over the winter so an instructor can help you stay on the right track!
 Check-ins are optional, though strongly encouraged.

Check-In Date **Notes** (ex: Open Gym, Pitching Lesson, etc)

Pitching Distances:

U10 = 35 feet **U12** = 40 feet **U14+** = 43 feet

Questions? Need help getting started?

Email Kelly Hurda:
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