

# Practice Compliance Tracker

Drills do not fail. Compliance fails. Track how often you actually ran the checkpoint before the swing, because that number predicts your progress better than the number of balls you hit.

Name \_\_\_\_\_ Month \_\_\_\_\_ Checkpoint you are tracking \_\_\_\_\_

| Session | Date | Minutes | Balls hit | Swings with the checkpoint run | Compliance percent | Games played | Note |
|---------|------|---------|-----------|--------------------------------|--------------------|--------------|------|
| 1       |      |         |           |                                |                    |              |      |
| 2       |      |         |           |                                |                    |              |      |
| 3       |      |         |           |                                |                    |              |      |
| 4       |      |         |           |                                |                    |              |      |
| 5       |      |         |           |                                |                    |              |      |
| 6       |      |         |           |                                |                    |              |      |
| 7       |      |         |           |                                |                    |              |      |
| 8       |      |         |           |                                |                    |              |      |
| 9       |      |         |           |                                |                    |              |      |
| 10      |      |         |           |                                |                    |              |      |
| 11      |      |         |           |                                |                    |              |      |
| 12      |      |         |           |                                |                    |              |      |

**The benchmark.** Ninety percent compliance on a simple checkpoint beats forty percent compliance on a perfect one. Pick one checkpoint per month. Run it before every swing. Write the number down.

**What it tells your coach.** If compliance is high and the pattern has not moved, the drill is wrong and we change it. If compliance is low, the drill was never tested. Without this number we are both guessing.

## Month end review

| Sessions completed | Average compliance | Pattern change you noticed | Checkpoint for next month |
|--------------------|--------------------|----------------------------|---------------------------|
|                    |                    |                            |                           |