

Shohei Otani made this goal matrix in 1st. grade of senior high school.

He is a Japanese professional baseball player. His position is pitcher and outfielder.

https://en.wikipedia.org/wiki/Shohei_Otani

Body conditioning	Taking supplement tablet	FSQ90kg (machine training)	Improve pitching instep	Strengthen body trunk	Stable axis	Make the angle	Beat ball from the top	Strengthen wrist
Flexibility	Building body	RSQ130kg (machine training)	Stable release point	Ball control	Lose uneasiness	Relax	Sharp movement	Move from lower body
Stamina	Spreading excusion	meal dinner 7bowls of rice breakfast 3 bowls of rice	Strengthen legs	Not open body	Mental control	Release ball front of body	Rev up	Spreading excusion
To make clear goal	Don't be glad and sad by turns	Cool mind and hot heart	Building body	Ball control	Sharp movement	To spin by axis	Strengthen legs	Weight up
Toughness in pinch	Mental	Don't be caught up in emotion of the moment	Mental	Top of draft list from 8 team	Pitching speed 160km/h	Strengthen body trunk	Pitching speed 160km/h	Strengthen shoulder
Steady	Attachment to victory	To care to teammate	Humanity	Lucky	Breaking ball	Spreading excusion	Playing catch in liner	To increase pitching training
Sence	A person being loved by everyone	Planning	Greeting	Clean up	Cleaning the room	Variety of pitches to take ball counts	To complete forkball	Sharp slider
Charity	Humanity	Thanks	To take care of tool	Lucky	Attitude to umpire	Slow drop curveball	Breaking ball	Winning ball to left handed batter
Courtesy	Trusted person	Ability to continue	Positive thinking	To become a person supported	Reading book	Same form as fastball	Ball control to move from strike zone to ball zone	To imagine depth