

Baseball Tryout Outline

Intro: 5 minutes to talk about what's going on for the day.

Tryout Will Consist Of:

1. Warm-ups
2. Playing Catch
3. Timed Run to First and Second
4. Outfield throws
5. Infield Throws
6. Catching pop-times
7. Hitting
8. Bullpens

1. **Warm-ups:** to be done on your own (5 minutes)
2. **Playing Catch:** to be done with a partner, get loose and ready to perform (10 minutes)
3. **Timed Run to First and/or Second:** Everyone will run and will start at home plate take a swing and proceed to run to 1st base. 2 people will be recording times with a stopwatch and each player will have 2 opportunities to run if they wish.(8 minutes)
 - Runners will be critiqued on form, break down after touching first, and speed.
4. **Outfield throws:** Outfielders will line up in right field, and have a series of pop-ups and grounders presented to them. The objective is to field the balls correctly and have a strong throw home to the catcher. (15 minutes)
 - You will be critiqued on your fielding abilities, your velocity on the ball thrown home, and accuracy.

5. **Infield throws:** Infielders will line up at short stop and have a series of grounders to throw across the field to the first basemen. It will be 3 regular groundballs, 1 back hand, 1 slow roller, and ending with a regular grounder for a total of 6 balls. First basemen will receive 3 grounders and throw across to third base after all the infielders have gone. (15 minutes)
 - You will be critiqued on your footwork and glove abilities, your velocity on the ball across the diamond, and accuracy.
 - First basemen will be critiqued by their receiving ability, along with the same criteria as the regular infielders.

6. **Catching, pop- times:** Catchers will have a player throw 5 baseballs to the catcher and then will throw to second base to another player to then find their pop time. (10 minutes)
 - Catchers will be critiqued on receiving abilities, velocity across the diamond, and accuracy on the throw to 2nd base.

7. **Hitting:** All the hitters will have a chance to hit. Each person will receive 2 rounds of 8 pitches. Catchers will go first so they can catch the Pitchers. (25 minutes)
 - Hitters will be critiqued on their swing, power, and location where they hit the ball. They will be using wood bats to involve a higher concentration of barreling up the ball.

8. **Bullpens:** Pitchers will have 15-20 pitches, consisting of 8-10 fastballs, 2-3 change-ups, and 2-3 curveballs (if appropriate). Pitch counts may differ by amount of pitches a player has, and players may be asked to throw more pitches if necessary. (25 minutes)
 - Pitchers will be critiqued on their velocity, mechanics, and accuracy of pitches. Looking for good composure and live arms.