

Name: \_\_\_\_\_

Final Score:

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Player #: \_\_\_\_\_

Level: Rookie

Midget Junior Senior

**GROUND BALLS**

**Ready Position**

Knees bent, butt down, hands out front	7	9
Knees bent, hands on knees/semi ready	4	6
Standing straight up/not ready	1	3

**Ability to Catch Using Proper Mechanics**

Moves to ball/centers/croc jaw technique	7	9
Waits for ball/centers/flips or fields one-handed	4	6
Lifts head/catches to side/lacks glove technique	1	3

**Lateral Range**

Can successfully field backhand/forehand balls	7	9
Can get to ball but needs work on glove technique	4	6
Does not reach backhand/forehand ground balls	1	3

**Throwing Technique**

Sets self / body follow thru to target	7	9
Throws off balance, but to target	4	6
Throw in beginning stages / off line	1	3

**Ground Balls Caught**

Circle number of balls fielded cleanly <u>multiplied by 2</u>	10	12
<i>(Measured 1st time through line)</i>	6	8
	2	4

**THROWING/RECEIVING**

**Basic Receiving/Catching Mechanics**

Centers ball/applies glove circle/uses two hands	7	9
Catches but w/developing fundamentals/one hand	4	6
Mechanics at beginning stage of development	1	3

**Basic Throwing Mechanics/Arm Motion**

Hand on top / elbow over shoulder / proper follow through & footwork	7	9
Cups ball / elbow drops below shoulder / no arm or leg follow through	4	6
Mechanics at beginning stage of development	1	3

**Arm Strength @ 45ft & 60ft**

Throws from distance with velocity	14	18
Throws with significant arc	8	12
Does not throw to target distance	2	6

**Arm Accuracy @ 45ft & 60 ft**

Circle the number of throws that hit target <u>multiplied by 2</u>	10	12
	6	8
	2	4

## MACHINE HITTING

### Hand Position

Hands back shoulder height/bat angled slightly	7 9
Hands back but dropped or too high	4 6
Hands forward at chest but too high, low, far out	1 3

### Stance

Parallel stance, shoulder&waist/head slightly back	7 9
Open stance/open shoulders too soon/weight forward	4 6
Crouches/sets up too far from plate/steps bucket	1 3

### Balance and Rhythm

Bend in knees/waist/front shoulder roll/small stride	7 9
Generally good fundamentals/needs fine tuning	4 6
Stands straight up/hands & body out of sync	1 3

### Hitting

Circle the number of fair hit balls <u>multiplied by 2</u>	
Aggressive with good timing	10 12
Moderate intensity	6 8
Timid at plate	2 4

### Bat Power

Hits ball with authority/line drives/hard grounders	7 9
Hits ball with good bat control/spray hitter	4 6
No line drives/hard hit grounders	1 3

### Timed Running 60 ft:

1st Attempt: \_\_\_\_\_

2nd Attempt: \_\_\_\_\_

## FLY BALLS

### Reaction/Movement to Fly Ball

Uses drop step and gets underneath	7 9
Inconsistent reaction to ball	4 6
Early development of reading ball	1 3

### Catching Fundamentals

Catches ball w/two hands, over chest, fingers up	7 9
Catches one handed, glove turned to side	4 6
Presently has difficulty catching fly balls	1 3

### Throwing Fundamentals

Catches/fields ball in rhythm / crow hop to throw	7 9
Delay in throw/ regular step to throw	4 6
Off balance / no rhythm / late throw	1 3

### Ability to Hit Cutoff

Hits cutoff w/solid throw / one hop ok	7 9
Pulls cutoff out of position	4 6
Ability to Hit cutoff in early development	1 3

### Fly Balls Caught

Circle the number of fly balls caught <u>multiplied by 2</u>	6 8
<i>(Measured 1st time through line)</i>	2 4

### Uniform Sizing:

Jersey: \_\_\_\_\_

Pants: \_\_\_\_\_

Hat: \_\_\_\_\_

# Jersey #