



# Sitka Little League: Try-out Evaluation Chart

**GROUND BALLS:** Player will stand in ready position in center of gym between a simulated first and third base player. Three ground balls will be thrown to player:

- 1<sup>st</sup>: fielded and thrown to first base player
- 2<sup>nd</sup>: fielded and thrown to third base player
- 3<sup>rd</sup>: fielded and thrown to catcher

**FLY BALLS:** Player will stand in ready position in center of gym. Three fly balls will be thrown to player; all will be fielded and thrown to a catcher.

**THROWING:** Will be evaluated during the ground and fly ball portion.

**HITTING:** Players will hit 5 balls resting on a Tee at mid-strike level.

**RUNNING:** Players will run from starting point to a designated spot and return back through the starting line for time.

**EVALUATIONS WILL BE IN ACCORDANCE WITH PROVIDED CHART WITH LEVELS FROM 1-7.**

1 Poor	2	3	4 Average	5	6	7 Outstanding
<p>Players achieve this rating by failing to demonstrate most (&lt;10%) of the steps for each skill set.</p>	<p>Players achieve this rating by demonstrating skills that fall between poor and average, but closer to the poor rating.</p>	<p>Players achieve this rating by demonstrating skills that fall between poor and average, but closer to the average rating.</p>	<p>Players achieve this rating by consistently demonstrating a majority (51%) of the steps for each skill set.</p>	<p>Players achieve this rating by demonstrating skills that fall between average &amp; outstanding, but closer to the average rating.</p>	<p>Players achieve this rating by demonstrating skills that fall between average &amp; outstanding, but closer to outstanding.</p>	<p>Players achieve this rating by consistently demonstrating MOST (&gt;90%) of the steps for each skill set.</p>
<p><b>1. Fielding ground balls</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Ready position</b> <ul style="list-style-type: none"> <li>- Feet take a wider stance with power leg dropping slightly further back.</li> <li>- Seat should be down and the head up.</li> <li>- Hands extended out front &amp; carried low.</li> <li>- Weight moves to the balls of the feet.</li> </ul> </li> <li><input type="checkbox"/> <b>Approaching the ball</b> <ul style="list-style-type: none"> <li>- Stays low, eyes fixed on the ball.</li> <li>- Moves to the ball to play the hop of choice.</li> </ul> </li> <li><input type="checkbox"/> <b>Receiving the ball</b> <ul style="list-style-type: none"> <li>- Moves quickly to a position behind the ball.</li> <li>- Extends both hands out front with palms up.</li> <li>- Head is down and the seat is down.</li> <li>- Watches the ball into the palm of the glove.</li> <li>- Covers the ball with throwing hand.</li> </ul> </li> <li><input type="checkbox"/> <b>"Sucks it up"</b> <ul style="list-style-type: none"> <li>- Sucks the ball up to the throwing side with both hands</li> <li>- Separates smoothly</li> </ul> </li> </ul>	<p><b>2. Fielding Fly Balls</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Outfielders ready position</b> <ul style="list-style-type: none"> <li>- Eyes are fixed on the ball.</li> <li>- Feet are shoulder width apart with weight on the balls of the feet.</li> </ul> </li> <li><input type="checkbox"/> <b>Fielding a fly ball – forehand</b> <ul style="list-style-type: none"> <li>- When moving toward a ball hit to the glove side, use a cross-over step with the power foot.</li> <li>- Runs quickly to the ball.</li> <li>- Keep arms down and doesn't run with hands in the air.</li> <li>- Runs on balls of feet</li> <li>- Keeps eyes on the ball</li> </ul> </li> <li><input type="checkbox"/> <b>Forehand catch</b> <ul style="list-style-type: none"> <li>- When player get to the ball, reaches up with both hands if possible.</li> </ul> </li> <li><input type="checkbox"/> <b>Fielding a fly ball – backhand</b> <ul style="list-style-type: none"> <li>- When moving toward a ball hit to the throwing side, use a cross-over step with the non-power foot.</li> <li>- Runs to the ball with hands down in running position.</li> <li>- Runs on balls of feet</li> <li>- Keep eyes on the ball.</li> </ul> </li> <li><input type="checkbox"/> <b>Backhand Catch</b> <ul style="list-style-type: none"> <li>- When player get to the ball, reaches up with both hands if possible.</li> <li>- Keep thumbs together and catches the ball in the palm of the glove.</li> </ul> </li> <li><input type="checkbox"/> <b>Catches made above the waist</b> <ul style="list-style-type: none"> <li>- Hands should be in a "thumbs together" position.</li> <li>- Catch with two hands so that the ball can be gripped quickly for the throw.</li> </ul> </li> <li><input type="checkbox"/> <b>Catches made below the waist</b> <ul style="list-style-type: none"> <li>- The hands should be in a "little fingers together" position</li> <li>- This position is very similar to the position used when fielding a ground ball.</li> </ul> </li> </ul>	<p><b>3. Throwing mechanics</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Starter step</b> <ul style="list-style-type: none"> <li>- Begins throw by taking a small starter step with power foot.</li> <li>- Keeps eyes on the target throughout the throw.</li> </ul> </li> <li><input type="checkbox"/> <b>Arm position down</b> <ul style="list-style-type: none"> <li>- Ball is taken from glove with the throwing hand and brought straight down by the hip.</li> <li>- Loose and relaxed</li> </ul> </li> <li><input type="checkbox"/> <b>Arm back position</b> <ul style="list-style-type: none"> <li>- Throwing arm should be extended straight back.</li> <li>- For right-handed thrower, body should have turned so that both left hip and left shoulder point at the target. (Opposite for lefties)</li> <li>- Weight is on power foot and the non-power foot is off the ground</li> <li>- Sight with lead shoulder.</li> </ul> </li> <li><input type="checkbox"/> <b>Step and throw</b> <ul style="list-style-type: none"> <li>- Step forward and plant non-power foot toward the target.</li> <li>- Arm continues through with elbow pointing out and ball close to the head.</li> <li>- Ensures overhead throw.</li> <li>- Rear hip/shoulder turn to target.</li> <li>- Pull lead shoulder down and glove in toward the chest.</li> <li>- Fingers on top of the ball.</li> </ul> </li> <li><input type="checkbox"/> <b>Follow-through</b> <ul style="list-style-type: none"> <li>- Completely extend arm forward.</li> <li>- Snaps wrist on releasing the ball.</li> <li>- Throwing arm should follow through toward the opposite hip</li> <li>- Finish with full shoulder turn so that the right shoulder ends up pointing at the target.</li> <li>- Swings power leg forward to complete the throw.</li> </ul> </li> </ul>	<p><b>4. Throwing Accuracy/Velocity</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Throwing accuracy</b> <ul style="list-style-type: none"> <li>- Throws should consistently hit the chest area of the person receiving the ball</li> <li>- Ball is thrown in line between thrower and receiver</li> <li>- Person receiving the ball shouldn't have to lunge, jump or catch the ball on a hop.</li> <li>- Accuracy shouldn't diminish as distances increase</li> <li>- Accuracy shouldn't diminish when fielding ground ball or fly balls – either to their left or right</li> </ul> </li> <li><input type="checkbox"/> <b>Throwing velocity</b> <ul style="list-style-type: none"> <li>- Throws should be made with a higher velocity. The higher the better.</li> <li>- Balls shouldn't be lobs, which can be identified when the ball takes an arc in its path from the thrower to receiver.</li> <li>- Higher velocity throws take a straight line path from thrower to receiver – as if a rope is stretched between the two.</li> <li>- Higher velocity throws will make a popping sound when the ball hits the glove of the receiver.</li> <li>- Consistency in velocity is good.</li> </ul> </li> </ul>	<p><b>5. Batting</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Grip</b> <ul style="list-style-type: none"> <li>- Hands together, relaxed/Loose grip</li> <li>- Second set of knuckles on each hand lined up closely with one another.</li> <li>- Bat held with the fingers not the palm of the hands</li> </ul> </li> <li><input type="checkbox"/> <b>The Stance</b> <ul style="list-style-type: none"> <li>- Hands are back at shoulder level.</li> <li>- Arms away from the body.</li> <li>- Head steady.</li> <li>- Eyes level and fixed on the ball.</li> <li>- Shoulders level.</li> <li>- Knees slightly bent</li> <li>- Feet shoulder width apart.</li> <li>- Body balanced.</li> </ul> </li> <li><input type="checkbox"/> <b>Step &amp; Cock</b>- As pitcher delivers ball: <ul style="list-style-type: none"> <li>- Batter shifts weight to the rear foot.</li> <li>- At the same time, pulls the hands back, which causes the hips and shoulders to coil away from the pitcher.</li> <li>- Braces the front leg as it hits ground.</li> <li>- Head is steady.</li> <li>- Eyes on the ball.</li> </ul> </li> <li><input type="checkbox"/> <b>The Swing</b> <ul style="list-style-type: none"> <li>- To begin the swing, push off the back foot and brace your front leg.</li> <li>- Hitting zone of the bat should extend over the plate.</li> <li>- Weight will be shifted to front foot.</li> <li>- Does not bend front leg.</li> <li>- Rolls wrists on follow through.</li> <li>- Keeps head and eyes down on ball.</li> </ul> </li> <li><input type="checkbox"/> <b>Follow through</b> <ul style="list-style-type: none"> <li>- Hips and upper body finish facing the pitcher.</li> <li>- Arms take a natural follow through.</li> <li>- Both hands stay on the bat.</li> <li>- Head and eyes stay down until contact is made.</li> <li>- Body should be under control and balanced at the finish.</li> </ul> </li> </ul>	<p><b>6. Running / Athleticism</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Running</b> <ul style="list-style-type: none"> <li>- Demonstrates strong, aligned and consistent running mechanics.</li> <li>- Speed is important.</li> <li>- Runs on balls of feet.</li> <li>- Both feet off ground at same time during stride.</li> </ul> </li> <li><input type="checkbox"/> <b>Athleticism</b> <ul style="list-style-type: none"> <li>- Demonstrated athleticism during the tryouts – but may have had poor baseball mechanical skills.</li> <li>- This would include players who have obviously played other sports but may have never played baseball before.</li> </ul> </li> </ul>	