

BLAINE AREA TRAVELING BASEBALL 2019 TRYOUT CRITERIA

(Updated 8/20/2018)

Infield	Outfield	Hitting	Pitching
<p style="text-align: center;">***DRILL***</p> <p>Warm up – Throw Grounders as pairs & then alternate Each player will get one batted grounder in succession for baseline. Grade 6 ground balls 2 left, 2 center, 2 right All balls fielded from shortstop</p> <p style="text-align: center;">GRADING</p> <p style="text-align: center;">Footwork</p> <p>(Attacking the ball, knees bent, good plant, aligned toward target) 1,2-poor, 3,4- below average, 5,6-average 7,8-above average, 9,10-excellent</p>	<p style="text-align: center;">***DRILL***</p> <p>Warm up – Play long toss Each player will get one batted fly ball in succession for baseline. Grade 5 fly balls 1 left, 1 center, 1 right, 1 short, 1 long All balls fielded from center field with throws toward 3rd base</p> <p style="text-align: center;">GRADING</p> <p style="text-align: center;">Range/Footwork</p> <p>(Position, reaction, & aligned toward target) 1,2-poor, 3,4- below average, 5,6-average 7,8-above average, 9,10-excellent</p>	<p style="text-align: center;">***DRILL***</p> <p>Warm up – Swing to the side before turn. Each player will get two unscored pitches for baseline. Two non-evaluated pitches then 8 swings.</p> <p style="text-align: center;">GRADING</p> <p style="text-align: center;">Mechanics</p> <p>(Stance, grip, hands, ready position, knees slightly bent, weight balanced, head on ball, balanced swing, good stride, hips rotate, extension) 1,2-poor, 3,4- below average, 5,6-average 7,8-above average, 9,10-excellent</p>	<p style="text-align: center;">***DRILL***</p> <p>Warm up – Play catch prior to turn Each player will get two ungraded pitches. 6 graded pitches (See below for pitching distances & speeds)</p> <p style="text-align: center;">GRADING</p> <p style="text-align: center;">Mechanics</p> <p>(Good balance, arm back, elbow high, good grip, extension toward target, follow through) 1,2-poor, 3,4- below average, 5,6-average 7,8-above average, 9,10-excellent</p>
<p style="text-align: center;">Range</p> <p>1,2-poor, 3,4- below average, 5,6-average 7,8-above average, 9,10-excellent</p>	<p style="text-align: center;">Ability to Judge Fly Balls</p> <p>1,2-poor, 3,4- below average, 5,6-average 7,8-above average, 9,10-excellent</p>	<p style="text-align: center;">Bat Speed (Quick Hands, Fluid Swing)</p> <p>1,2-poor, 3,4- below average, 5,6-average 7,8-above average, 9,10-excellent</p>	<p style="text-align: center;">Velocity (Arm Strength)</p> <p>1,2-poor, 3,4- below average, 5,6-average 7,8-above average, 9,10-excellent</p>
<p style="text-align: center;">Glove Work</p> <p>(Using both hands appropriately, throwing hand above glove hand)</p> <p>1,2-glove error or miss & poor positioning 3,4-glove error & fair positioning 5,6-average ball handling & fair positioning 7,8-above average ball handling/positioning 9,10-excellent ball handling/positioning</p>	<p style="text-align: center;">Glove Work</p> <p>(Using both hands appropriately, catching ball above shoulders)</p> <p>1,2-glove error or miss & poor positioning 3,4-glove error & fair positioning 5,6-average ball handling & fair positioning 7,8-above average ball handling/positioning 9,10-excellent ball handling/positioning</p>	<p style="text-align: center;">Contact</p> <p>1-2 No/Marginal Contact (tick, pop foul) 3-4 Below Average (weak grounder/pop up) 5-6 average contact 7-8 above average (solid hits) 9-10 excellent contact (solid with power)</p>	<p style="text-align: center;">Accuracy</p> <p>(Consistently throws strikes) 1,2-poor, 3,4- below average, 5,6-average 7,8-above average, 9,10-excellent</p>
<p style="text-align: center;">Arm Strength</p> <p>1,2-poor, 3,4- below average, 5,6-average 7,8-above average, 9,10-excellent</p>	<p style="text-align: center;">Arm Strength</p> <p>1,2-poor, 3,4- below average, 5,6-average 7,8-above average, 9,10-excellent</p>	<p style="text-align: center;">Power</p> <p>1,2-poor, 3,4- below average, 5,6-average 7,8-above average, 9,10-excellent</p>	<p style="text-align: center;">Running</p> <p style="text-align: center;">***Drill***</p> <p>Run twice from first to third –Take best time and apply a score based on criteria:</p> <p style="text-align: center;">4 (Top 25%) 3 (2nd 25%) 2 (3rd 25%) 1 (Bottom 25%)</p>
<p style="text-align: center;">Accuracy</p> <p>1,2-poor, 3,4- below average, 5,6-average 7,8-above average, 9,10-excellent</p>	<p style="text-align: center;">Accuracy</p> <p>1,2-poor, 3,4- below average, 5,6-average 7,8-above average, 9,10-excellent</p>	<p style="text-align: center;">Catching</p> <p style="text-align: center;">***Unscored***</p> <p>Coach may ask players who catch to demonstrate their catching skills at the end of the tryout – this will not be scored.</p>	<p style="text-align: center;">Catching</p> <p style="text-align: center;">***Unscored***</p> <p>Coach may ask players who catch to demonstrate their catching skills at the end of the tryout – this will not be scored.</p>

Pitching Distances

9U (46 foot mound)

12U (52 foot mound)

10U (46 foot mound)

13U (52 foot mound)

11U (46 foot mound)

14U (60 foot, 6 inch mound)