



COTTAGE GROVE ATHLETIC ASSOCIATION, INC. SOFTBALL DIVISION

Traveling Tryout Process Revised NOVEMBER 2024

Below is an example of the itinerary of the different drills that the players will be participating in during the Traveling Tryout process. These are subject to change at the evaluator's request.

I. HITTING

DAY 2 AND DAY 3

- Three (3) bunts
- Five (5) swings
- Front toss "live" pitching

**Pitching Machine Set Speeds:*

Normal Speed

10U – 38 MPH

12U – 43 MPH

14U – 47 MPH

16U – 50 MPH

18U – 53 MPH

Faster Speed

10U – 43 MPH

12U – 48 MPH

14U – 52 MPH

16U – 55 MPH

18U – 58 MPH

II. OUTFIELD

DAY 2 AND DAY 3

- One (1) left throw to second base
- One (1) right throw to second base
- One (1) middle throw to third base
- Two (2) ground balls to outfield throw to home plate
- Three (3) fly balls spread out to show movement

III. INFIELD

DAY 2 AND DAY 3

- One (1) hit second base throw to first
- Three (3) hits to short stop throw to first
- Three (3) hits to third base throw to first

IV. PITCHERS

DAY 1

- Two (2) pitches upper left
- Two (2) pitches lower left
- Two (2) pitches upper right
- Two (2) pitches lower right

**Evaluators will ask if a pitcher has another "secondary pitch"*

***Multiple pitches will be tracked with the radar gun including the secondary pitch(es), points will be awarded based upon the fastest pitch thrown.*

PITCHING SPEED

10U

- <33 MPH = 1 point
- 34 MPH to 38 MPH = 2 points
- >39 MPH = 3 points

12U

- <39 MPH = 1 point
- 40 MPH to 45 MPH = 2 points
- >46 MPH = 3 points

14U

- <46 MPH = 1 point
- 47 MPH to 50 MPH = 2 points
- >51 MPH = 3 points

16U & 18U

- <52 MPH = 1 point
- 53 MPH to 55 MPH = 2 points
- >56 MPH = 3 points

V. CATCHERS

Friday

- Catchers will be run through a series of blocking and fielding drills along with demonstrating their arm strength by throwing to each of the bases, including throwing from knees, if able to do so. There is a strong focus on fundamentals during the evaluations.
- Fielding Drills
A series of two - throw downs each to 1st, 2nd and 3rd base

Pop ups will be thrown over the left, right and center of the plate. Catchers will need to show their ability to field the balls from their “ready” position

**Evaluators will watch catchers warm up pitchers to see game like scenarios*