

PLAYER EVALUATION CHECK LIST

NAME _____

Mechanics check	Always 6-7	Usually 3-5	Seldom 1-2	Mechanics check	Always 6-7	Usually 3-5	Seldom 1-2
1)Catching the ball				Progressions			
1. Above the waist hands together				1. Hit stationary object			
2. Below the waist – thumbs apart				2. Hit hanging object			
3. Glove action right-Thumbs down				3. Hit slow pitching			
4. Glove action left – thumbs up				6)Baserunning			
5. Use both hands when possible				1. Drive arms in bent arm action			
6. Move feet to get in front of ball				2. Short quick strides for initial acceleration			
7. Reach towards ball to cushion impact				3. Square to check pitch (if not stealing)			
8. Watch ball go into glove.				4. Re-start with short stride			
Progressions				5. Body forward			
1. Catch with other hand ready to throw				6. Start slide at proper distance			
2)Catching the fly ball				7. Body flat on slide			
1. Ready Position-hands at waist height				Progressions			
2. On balls of feet				1. Run through base at full speed			
3. Move quickly to get under ball				2. Move outward slightly before rounding			
4. Reach towards ball to cushion impact				3. Touch inside corner of base			
5. Catch with fingers up when possible				4. Round & stop (arms out, butt low)			
6. Use both hands				7)Back Catching			
Progressions				1. Position relative to batters foot 30”			
1. Judging movement right				2. Position of feet, parallel, balanced			
2. Judging movement left				3. Position of glove,centered away from body			
3)Ground balls				4. Position of free hand,hidden at knee of back			
1. Ready position				5. Reception of ball–no stab,cushion,turnover			
2. Move to get ball in front of body				Progressions			
3. Get butt low on pick up				6. Position for blocking–knees apart,over ball			
4. Pick up in front of body				7. Lateral movement–moving inside & outside			
5. Pick up in center of body				8. Long throw–step,open/close,extension,power			
6. Quick footwork on to power line				8)Pitching			
Progressions				1. Arm Coordination – no ball			
1. Pick up rolling ball directly in front				- Hip in coordination with arm			
2. Pick up and throw ball directly in front				-Shoulders back			
3. Pick up and throw accurately at a target				- Front leg straight			
4. Stab and crossover left or Right				2. Arm circles - no ball			
5. Shuffle step pick up and throw				-Straight out in complete circle			
4)Throwing				-Brush past ear and side of leg			
1. Elbow up as high as shoulder				3. Hip thrust& arm circle – no ball			
2. Rotate body to closed position				- Coordinate hips and arm circle			
3. Feet on power line towards target				- Front leg straightens on thrust			
4. Stride at target with glove side foot				- Shoulders stay back			
5. Point glove & glove side at target				4. Stride – no ball			
6. Hips open & close				- Pivot toe turned slightly outward			
7. Follow through to opposite side leg				- Stride straight at target			
Progressions				- Use glove side to stretch body			
1. Throw at a stationary target				5. Rhythm for a legal pitch – no ball			
2. Throw for distance				- Behind plate hands apart step on plate			
3. Throw on the move				-Take signal, hands together, weight back			
5)Hitting				- Relaxed, transfer weight			
1. Grip bat – middle knuckles in line				-Deliver pitch			
2. Stance – body location is across from plate				6. Grip – With ball			
- Elbows tucked in				- Grip in fingers if possible			
- Hands by back shoulder				-Across seams			
- Knuckles aligned				7. Static Pitching – feet parallel with ball			
3. Weight transfer				-Use arm circle to snap ball off hip			
- weight transfer towards the pitcher				- Shoulders back			
4. Hip rotation - finished navel to pitcher				8. Hip Pitching from stride position			
-Finished heel to the sky				- Coordinate hips and arm to snap ball off hip			
5. Arm Action–wrist to snap bat head to ball				- Full straight arm circle			
- Contact in front of plate				- Shoulders back			
6. Follow through- let wrists roll over				- Front leg straightens on release			
-Bat finishes at middle of back							