

Blaine Traveling Baseball Tryout Criteria

Infield	Outfield	Hitting	Pitching
DRILL Warmup – Throw Grounders as pairs & then alternate. Each player will get one batter/grounder in succession for baseline. Grade 6 ground balls 2 left, 1 center, 2 right All balls fielded from shortstop GRADING Footwork (Attacking for ball) knees bent, good plant, aligned toward target) 1-poor, 2- below average, 3-average 4-above average, 5-excellent	***DRILL*** Warmup– Play long toss Each player will get one batted fly ball in succession for baseline. Grade 1 fly balls 1 left, 1 center, 1 right, 1 short, 1 long All balls fielded from center field with throws toward 2nd base GRADING Base/Footwork (Position, reaction, & aligned toward target) 1-poor, 2- below average, 3-average 4-above average, 5-excellent	***DRILL*** Warmup– Swing to the side before turn Each player will get two ungraded machine pitches for baseline. Two non-evaluated pitches from machine. Grade two batters then 5 swings. GRADING Mechanics (Stance, grip, hands, ready position, knees slightly bent, weight balanced, neutral ball balance/swing, good stride, hip-rotate, extension) 1,2-poor, 3,4- below average, 5,6-average 7,8-above average, 9,10-excellent	***DRILL*** Warmup – Play catch prior to turn Each player will get two ungraded pitches. Graded pitches (100-120) – 40 feet, 120-150 – 50 feet, 140-150 – 60.5 feet) GRADING Mechanics (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
Swing 1-poor, 2- below average, 3-average 4-above average, 5-excellent	Ability to Judge Fly Balls 1-poor, 2- below average, 3-average 4-above average, 5-excellent	Ball Speed (Quick hands, fluid swing) 1-poor, 2-below average, 3-average 4-above average, 5-excellent	Accuracy (Consistently throws strikes) 1,2-poor, 3,4-below average, 5,6-average 7,8-above average, 9,10-excellent
Glove Work (Using both hands appropriately, throwing hand above/glove hand) 1-glove error or mis & poor positioning 2-glove error & fair positioning 3-average ball handling/fair positioning 4-above average ball handling/positioning 5-excellent ball handling/positioning	Glove Work (Using both hands appropriately, catching ball above/shoulder) 1-glove error or mis & poor positioning 2-glove error & fair positioning 3-average ball handling & fair positioning 4-above average ball handling/positioning 5-excellent ball handling/positioning	Running (good form/quick start) 1-poor, 2-below average, 3-average 4-above average, 5-excellent	Running ***3-5*** Run twice from home to first – (best time) Run twice from first to third – (best time) 5 – top 20%, 4 – 2nd 20%, 3 – 3rd 20%, 2 – 4th 20%, 1 – bottom 20%
Arm Strength 1,2-poor, 3,4- below average, 5,6-average 7,8-above average, 9,10-excellent	Arm Strength 1,2-poor, 3,4- below average, 5,6-average 7,8-above average, 9,10-excellent	Contact 1-1 hit/marginal contact (hit, pop, ball) 2-4 below average (hard grounder/pop up) 5-6 average contact 7-8 above average (solid hit) 9-10 excellent contact (solid with power)	Catching ***Ungraded*** Each may-all players who catch to demonstrate their catching skills at the end of the layout – this will not be scored.
Accuracy 1-poor, 2- below average, 3-average 4-above average, 5-excellent	Accuracy 1-poor, 2- below average, 3-average 4-above average, 5-excellent	Power 1-6 poor, 4-6 below average, 7-8 average 10-12 above average, 13-15 excellent	

Tryout Plans For Baseball

Jianjun Gao



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