



IDENTIFIER

On Field Program

TESTING PROCEDURES WILL INCLUDE THE FOLLOWING CATEGORIES:

HITTING

BUNTING

OUTFIELD THROWING AND FIELDING

INFIELD THROWING AND FIELDING

PITCHING

CATCHING

Throwing

RUNNING

TIME SCHEDULE

8:00am – athletes arrive / check in process

- Athletes will be responsible for warming themselves up and being ready to go by 9am
- Athletes will be given a location to meet at 9am based on position/last name/number of athletes

9:00am –

Field/Area 1:
Infield Drills
Outfield Drills

Field/Area 2:
Timed Running
Throwing

Field/Area 3:
Pitching/Catching
Hitting

10am – Athletes will move from 1 to 2 and 2 to 3 as a group.

Identifiers & Coaches

Field/Area 1:

- 2 Coaches for fungo/ball collector
- Minimum of 2 Identifiers with defensive knowledge

Field/Area 2:

Running/Throwing: 1 coach and 2 identifiers working together to collect time/mpg and evaluate

Pitching/Catcher: 1 coach 2 identifiers working to collect mpg/ and evaluate with pitching and catching knowledge

Field/Area 3:

- 2 coaches with ability to throw front toss
- 2 identifiers with hitting/slapping knowledge

*These numbers are at minimum! The more hands the smoother the event will go.

Registration: 2 people

Available to answer any questions about the HPP, provide great customer service, provide excitement for the athlete's involvement in our program.

Equipment:

- 9 Buckets of Balls (228 Balls)
- 19 Dozen Balls
- 2+ Pocket Radars
- 2+ Stopwatch
- 4 Bow-nets - 2 pitch screens and 2 catch nets
- 2+ tee's

GENERAL PLAYER INFORMATION

- 1) All players need to pick their position:
 - Pitchers
 - Catchers
 - Outfield
 - First base, Second base, Third base, or Shortstop

- 2) THEY CAN BE IDENTIFIED FOR ONLY ONE (1) POSITION !!!

- 3) You only work out at your position.
(Example: Outfielders do not go through Infield Skills)

HITTING

FIELD LOCATION: On field

EQUIPMENT:

Tee's, Pitch Net, Catch Net
Bat/Helmet – Players bring their own

DIRECTIONS:

- ò Soft Toss Pitcher at 35 ft.
- ò Pitch belt high and down the middle
- ò Each player receives 8 swings off a tee, 8 swings and/or slap swings, and 5 bunts
- ò During hitting place fielders in outfield to shag balls

RECOVERY TIME: between tee work and soft toss hitting.

SCORES: **1= developmental 2= average 3= great hitter**

OUTFIELD TEST

FIELD LOCATION:

On Infield

EQUIPMENT:

Fungo Hitter
Buckets
Balls

DIRECTIONS: Outfielders to be placed in right field and then rotate to center field and left field.

- ò Outfielders will start on line 165 feet from home plate facing home plate and break when ball is hit
- ò Players will receive 4 balls at each position.
 1. **(4) – RF** - Ground ball right at them - Throw to 1b, Ground ball to Gap - Throw to 2b, Fly ball to gap - Throw to 3b, and Fly ball right at them - Throw home.
 2. **(4) – CF** - Ground ball right at them – throw to 2b, Ground ball to LF gap – Throw to 3b, Fly ball to RF gap – Throw home, and Fly ball to LF gap – throw to 2b.
 3. **(4) – LF** - Ground ball right at them - Throw to 3b, Ground ball to Gap - Throw to 2b, Fly ball to line - Throw to 3b, and Fly ball right at them - Throw home
- ò Players will throw to fielders at bases.

SCORING:

- ò Rate each player 1 – 4 with 4 being the best on overall outfield ability.
 - **1 = Developmental**
 - **2 = Below average accuracy, velocity, range coverage**
 - **3 = Average accuracy, velocity, range coverage**
 - **4 = Great accuracy, velocity, range coverage, one-hop, on-line**

INFIELD TEST

FIELD LOCATION: On field

EQUIPMENT: Balls
Fungo Hitter

LAYOUT: Players choose the position they signed up to tryout for.

DIRECTIONS:

ò Hit to one player at a time – use other player at each position to receive throws (Alternate)

ò Each position throws as follows:

First base: 4 throws to 2B (complete double play), 4 throws to 3B, 2 balls received through the gaps (to identify range), 2 bunted balls received down line with throw to 1B

Second base & Short stop: 4 throws to 1B, 4 throws to 2B (complete double play), 4 balls received through the gaps (to identify range)

Third base: 4 throws to 1B, 4 throws to 2B (complete double play), 2 balls received through the gaps (to identify range), 2 bunted balls received down line with throw to 1B

Catcher: 3 bunts with throws to 1B, 3 bunts with throws to 2B, 3 bunts with throws to 3B
2 receive throws and tag, 5 throws for pop time

Pitcher: 3 throws to 1B, 3 throws to 2B, 4 bunted balls received with one through to each base.

SCORING:

- ò **Rate each player 1 – 4 with 4 being the best on overall outfield ability.**
 - **1 = Developmental**
 - **2 = Below average accuracy, velocity, range coverage**
 - **3 = Average accuracy, velocity, range coverage**
 - **4 = Great accuracy, velocity, range coverage, one-hop, on-line**

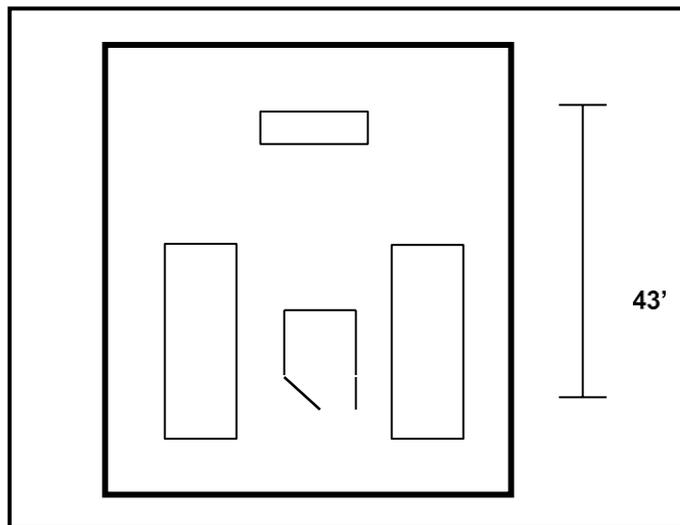
PITCHING TEST

FIELD LOCATION: Bullpen Area

EQUIPMENT: Pitching Rubber set 43 ' from home plate

Home Plate
Balls
Radar Gun

LAYOUT:



DIRECTIONS:

- ò Pitchers throw to their own catcher.
- ò Will throw 3-5 of their best pitches (5 of each)
- ò Ask pitcher what they throw and record on their evaluation – note best pitch.
- ò Pitcher throws 5 balls of each pitch – identifying location before each pitch.

SCORING:

- ò For each pitch thrown record the following:
 - 1) Speed
 - 2) Hit locations
 - 3) Movement
- ò Over all Ranking of 1 – 3; 3 being the BEST
- ò 1= missed location, 2= right side of plate to high/low, 3=hit spot
- ò 1=no movement, 2=average movement, 3=great movement

CATCHING TEST

FIELD LOCATION: Catchers will be evaluated at two different times

- 1) Fielding
- 2) Blocking and receiving from Front toss

Note: Catchers will do their pop times during infield drills so that they have middle infielders to receive the throw.

EQUIPMENT: Balls
Stopwatch
Radar Gun
Catching Gear (Players will bring their own)

LAYOUT:

DIRECTIONS:

- 1) Blocking skill: front toss (2 front, 2 L side, 2 R side)
- 2) Receiving skill: front toss (2 middle, 2L, 2R, 2 up, 2 down)

SCORING:

- ò Over all Ranking of 1 – 3; 3 being the *BEST*
- ò 1= *developmental*, 2= *average*, 3=*top skill*

THROWING TEST

Throwing: Use one side of the field to evaluate 8 throws to targets from pre-determined distance.

U-11/12 – 50ft

U-13/14 – 55ft

U-15/16 – 60ft

U-17/18 – 65ft

FIELD LOCATION:

On Field

EQUIPMENT:

Pocket Radar
Tape measure

LAYOUT: Throw line will be marked with a set target at the distance listed above.

DIRECTIONS:

- â The player will throw to a set target based on age from a set distance.
- â Player will throw all eight balls in a row.

SCORE:

Recorded speeds and graded for accuracy.
1= developmental, 2= average arm/accuracy, 3=great arm/accuracy

RUNNING TEST

10-20-40 yd timed run (total of 3 runs recorded)

5-10-5yd shuttle time (total of 2 runs will be recorded)

FIELD LOCATION:

On Field

EQUIPMENT:

Stopwatch
Tape measure

LAYOUT: Starting line, cones placed at 10 yards, 20 yards, and 40 yards. For shuttle run: start line with cones at 5 yards and 10 yards.

Note: Players must start with front toe behind the line

DIRECTIONS:

- â The player runs from start line through the 10-yard cone.
- â The player runs from start line through the 20-yard cone.
- â The player runs from start line through the 40-yard cone.
- â The player runs from start line to the 5 yard cone, back to the start line, back to the 10 yard cone, then to the start line, then to the 5 yard cone, and then finish by running back through the start line.
- â Player waits until everyone in her group has ran one trial before running each additional distance.

SCORE:

Recorded times.