

**Baseball Skills Assessment**

**Division:** \_\_\_\_\_

**Coach:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Page:** \_\_\_\_\_

No.	Player	Fielding	Throw & Catch	Hitting	Pitch & Catcher	Comments
	Name: _____ Size: S M L Throws: R L Bats: R L S  <b>Foot Speed:</b> Hm-1B:      1B-3B:	<b>Infield:</b> Mechanics 1 2 3 4 5 Range 1 2 3 4 5 Overall 1 2 3 4 5 <b>Outfield:</b> Range 1 2 3 4 5 Overall 1 2 3 4 5	<b>Throwing:</b> Mechanics 1 2 3 4 5 Strength 1 2 3 4 5 Accuracy 1 2 3 4 5 Overall 1 2 3 4 5 <b>Catching:</b> Overall 1 2 3 4 5	<b>Hitting:</b> Mechanics 1 2 3 4 5 Power 1 2 3 4 5 Contact 1 2 3 4 5 Overall 1 2 3 4 5	<b>Pitcher:</b> Mechanics 1 2 3 4 5 Speed 1 2 3 4 5 Accuracy 1 2 3 4 5 <b>Catcher:</b> Mechanics 1 2 3 4 5 Arm 1 2 3 4 5	<b>Attitude, Focus, Hustle:</b>

	Name: _____ Size: S M L Throws: R L Bats: R L S  <b>Foot Speed:</b> Hm-1B:      1B-3B:	<b>Infield:</b> Mechanics 1 2 3 4 5 Range 1 2 3 4 5 Overall 1 2 3 4 5 <b>Outfield:</b> Range 1 2 3 4 5 Overall 1 2 3 4 5	<b>Throwing:</b> Mechanics 1 2 3 4 5 Strength 1 2 3 4 5 Accuracy 1 2 3 4 5 Overall 1 2 3 4 5 <b>Catching:</b> Overall 1 2 3 4 5	<b>Hitting:</b> Mechanics 1 2 3 4 5 Power 1 2 3 4 5 Contact 1 2 3 4 5 Overall 1 2 3 4 5	<b>Pitcher:</b> Mechanics 1 2 3 4 5 Speed 1 2 3 4 5 Accuracy 1 2 3 4 5 <b>Catcher:</b> Mechanics 1 2 3 4 5 Arm 1 2 3 4 5	<b>Attitude, Focus, Hustle:</b>
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## Standard Structure for Baseball Tryouts & Skills Assessment

This standardized format may be used for all outdoor baseball tryouts. This structure is designed for evaluating players for All-Star travel teams but can also be used to evaluate players for draft purposes within “house” leagues.

Using the attached *Baseball Skills Assessment Form*, coaches should score each player according to the listed categories of skills. The evaluation form uses a *five point scale* to measure the various skills that a player should possess in order to play baseball at a competitive/competent level. A score of **five (5) points** should be awarded for any skill which the player demonstrates an *exceptional level of ability* relative to his peers. A score of one **(1) point** should be awarded for any skill which the player demonstrates an *extremely poor level of ability* relative to his peers. Score two, three or four points for levels of skill in-between the two extremes.

So that the All-Star selection process is fair to all players, the evaluators should use the quantitative scores to select the first eight (8) players on the team. The All-Star manager would then select the final four (or more) positions on the team using any criteria he sees fit. Managers can weight the categories according to their thoughts as to what makes a good team. The following is a suggestion for a balanced approach: Using the overall score in each of the following defensive categories: *infield*, *outfield*, *throwing*, and *catching*, there are a maximum of 20 points. For the hitting skills, coaches should count *mechanics*, *power* and *contact* for a maximum hitting total of 15 points.

Coaches should add 1 or 2 points to the players with the fastest times during the base running assessment and deduct 1 or 2 points to the slowest players. Coaches may award or deduct points based on a player’s demonstrated attitude, focus and hustle. Finally, coaches may wish to add between 1 and 5 points for pitching *or* catching skills as these positions are very important to a team.

### Format of Tryouts

So that there be a well defined structure and opportunities for evaluation, the league should consider structuring the tryouts as follows. Everyone should plan on the tryouts taking between 2 and 2.5 hours to complete.

Time	Activity
5 min. 0:05	<b>Opening remarks</b> by All-Star manager and/or tryouts coach. Explain format of tryouts, how players will be evaluated, and importance of behavior, hustle and good attitude.
10 min. 0:15	<b>Warm up.</b> Jog once around entire field, then warm-up by throwing to a partner.
10 min. 0:25	<b>Base Running skills.</b> Lineup players at home plate. Time players on their ability to go from the batter’s box to 1B. Afterwards, have them run from 1B to 3B. Allow them to overrun 3B as you don’t want them to slide into 3B. Make sure players tag each base. Use a stopwatch to call out times.
20 min. 0:45	<b>Infield skills.</b> Lineup players in outfield just behind the shortstop. Each player rotates through the positions starting with shortstop. Coach hits five balls to shortstop who fields and makes a throw to 1B. Hit balls to left and right to evaluate range. Then hit one ball to 2Bman who throws it to the shortstop who then throws to 1B for a double play. Players then rotate from SS to 2B to 1B to home.
5 min.	<b>Water break.</b> Have players return to dugout for a quick break.
25 min. 1:15	<b>Outfield skills.</b> Lineup players in deep outfield. If using a pitching machine to simulate flyballs, have four small cones setup in a square approximately 50 feet apart. Have the player start in the center of the square. The flyball should come right to him. He then rotates to each cone position and moves once the ball is “hit”. This will test his range and the ability to catch. After each ball the player throws the ball to 2B who throws it to 3B who throws it to the player at home. Players rotate from OF to 2B to 3B to home.
5 min.	<b>Water break.</b> Have players return to dugout for a quick break.
35 min. 1:55	<b>Hitting skills.</b> Have about 1/3 of the players in the dugout ready to hit. The other players field the batted balls. Rotate players as needed. Recommend using pitching machine for consistency unless several coaches with good pitching skills are available to throw “batting practice” balls to each player. Give each player 5 to 8 good pitches. Bunting first pitch is optional.
5 min. 2:00	<b>Thank You.</b> Have manager thank all players for attending the tryouts. Let them know when a decision will be made regarding who makes the team. Let them know that anyone not interested in trying out as a pitcher or catcher may be dismissed.
20 min. 2:20	<b>Pitchers &amp; Catchers.</b> Any player that would like to be considered as a pitcher or catcher should tryout. Have pitchers throw approximately 5 pitches. Catchers should catch at least two pitchers.