CSB Player Evaluation Form (2015)

Color/number: _____ / _____

2015 CSB Team (if applicable): _____

Throwing and Catching: Players should be evaluated as they play catch from the distance between bases for their age level.

Throwing: **10** **9** **8** **7** **6** **5** **4** **3** **2** **1**

Excellent Average Poor

Criteria:

- Smooth throwing motion (not robotic or herky-jerky)
- Accurate throws
- Full range of motion (doesn't short-arm throws)
- Shoulders, hips, and feet all line up with the target
- Little effort required to throw this distance

Comments: _____

_____

Catching: **10** **9** **8** **7** **6** **5** **4** **3** **2** **1**

Excellent Average Poor

Criteria:

- Proper glove orientation
- Catches with two hands
- Reacts well to bad throws
- Moves feet to get into proper receiving position
- Catches the catchable throws with confidence

Comments: _____

_____

Speed: Players will have two chances to run from home to home. The clock will start when the runner starts and will stop when the runner touches home plate. Only the fastest time will count. A score will be given after all players' times have been measured. The top 20% for each age level will receive a 5, the next 20% a 4, and so on.

Speed: **10** **9** **8** **7** **6** **5** **4** **3** **2** **1**

Excellent Average Poor

1st time: _____ sec

2nd time: _____ sec **Fastest time:** _____ sec

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Arm strength: Players will each get 3 chances to throw the ball as far as they can. The two longest throws will be averaged, while the shortest throw will not count. A score will be given after all players' throws have been measured. The top 20% for each age level will receive a 5, the next 20% a 4, and so on.

Arm Strength:	**10**	**9**	**8**	**7**	**6**	**5**	**4**	**3**	**2**	**1**
		Excellent				Average			Poor	

1st throw: _____ ft

2nd throw: _____ ft **Average of longest 2 throws:** _____ ft

3rd throw: _____ ft

Fly balls: Players will attempt to catch four fly balls from the fly ball cannon from four different starting spots. They must demonstrate the ability to move laterally, forward, and back to catch the ball.

Fly balls	**10**	**9**	**8**	**7**	**6**	**5**	**4**	**3**	**2**	**1**
		Excellent				Average			Poor	

Criteria:

- Confidence in catching the ball (makes it look easy)
- Catches with two hands, when possible
- Does not raise the glove while running
- Catches the ball above the head, when possible
- Runs to the ball using the most direct route

Comments: _____

_____

Ground balls: Players will demonstrate their ability to field 5 ground balls from the shortstop position and make the throws to first base.

Ground balls:	**10**	**9**	**8**	**7**	**6**	**5**	**4**	**3**	**2**	**1**
		Excellent				Average			Poor	

Criteria:

- Charges the ball to get to it quicker and shorten the throw
- Proper glove orientation
- Stays in front of the ball and keeps the glove down
- Strong, accurate throws to first
- Gets rid of the ball quickly

Comments: _____

_____

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Batting: Each batter will get 10 swings in the cage with an adult pitching from a kneeling or seated position from a distance of approximately 20 feet.

Batting:	**10**	**9**	**8**	**7**	**6**	**5**	**4**	**3**	**2**	**1**
		Excellent				Average			Poor	

Criteria:

- Balanced, relaxed stance with the hands in a good hitting position
- Head down, looking at the point of contact throughout the swing
- Level swing path
- Turns the hips and pivots on the back foot
- Consistently makes contact

Comments: _____

_____

Pitching: Player will get 10 pitches to an adult catcher in a bullpen setting. Players will be rated on their form, velocity, and accuracy.

Pitching:	**10**	**9**	**8**	**7**	**6**	**5**	**4**	**3**	**2**	**1**
		Excellent				Average			Poor	

1st throw: _____ mph

2nd throw: _____ mph **Average Velocity:** _____ mph

3rd throw: _____ mph

Criteria:

- Good balance
- Shoulders, hips, and stride on a line directly toward the catcher
- Full range of motion with the throwing arm, glove extended out front
- Long stride, good follow through
- Majority of pitches in, or near, the strike zone

Comments: _____

_____