



AREA SCOUTS

DEVELOPING ATHLETES THROUGH EFFICIENT MOVEMENT AND METRICS

Complete Skills Competition and Evaluation

AAU Baseball World Series

July 5-11th, 2021
Sterlington, LA



BIOMECHANICS

ATHLETICISM

SEQUENCE

ENDURANCE

Skills Competition

- Monday, July 5, 2021 (12PM-5PM)
- On-Field Skills Assessment run by Area Scouts Evaluators
- B.A.S.E. Assessment run by Director of Sports Medicine and Performance and Area Scouts Evaluators, w/ Appearances by Professional Scouts

Ages 12U (Points Per Skill)

YOUTH FIELD 1 - Accuracy competition

- Target with 5 scoring options 3,4,5,6,7,8 point targets
- 5 throws each from 46 feet-75 feet away

YOUTH FIELD 2 - Home Run Derby

- 2 x 5 Swings
- Provide them with Exit Velo, Launch Angle and Ball Flight Distance Reports

YOUTH FIELD 3- B.A.S.E. Skills

- 20M sprint test
- Home to First
- 5-10-5
- 4LB Medicine ball throw (dominant side underhand toss)
- Plank Test

Ages 13+ (Points Per Skill)

Field 1/Field 2: Home Run Derby

- Rapsodo Hitting Unit on the Field
- 2x 5-7 swings each
- Provide them with Exit Velo, Launch Angle and Ball Flight Distance Reports

Field 3/4: Skills Competition

- Shortstop to first base throwing velocity
- Right field to home plate throwing velocity
- Throwing accuracy

Field 5: B.A.S.E. SKILLS CHALLENGE

- 60 m sprint
- 6LB Medicine ball throws (dominant side underhand toss)
- Backwards Throw
- T-Test
- 5-10-5
- Plank

Speaking Engagements

- Mental Performance ProCAST with Q and A: 60 minutes
- ProCAST Talk with Q& A with Director of Sports Medicine and Performance Anthony Inzillo: 60 minutes
- Area Scouts ProCAST with Q& A with former Major League All-Star with Autograph Signings: 60-90 minutes
- 2 x Area Scouts and The Scout Hub ProCAST and Q and A: 60 minutes
- (60-minute talk with former and current Major League Scouts)



Other Activities

Special Weekly Offering

SPECIAL FREE OFFER ANNOUNCED ON THE DAY OF EVENT

Movement Screens & Physical Assessments at the Area Scouts Tent for the first 3 days of the event

Product demos at Area Scouts tent all week

Win Area Scouts Gear

Exit Velocity at the Area Scouts Tent for the first 3 days of the event

Highest Exit Velocity Wins 12U and 13+ Area Scouts Gear

The Sports Hub

Area Scouts Partnering with The Scout Hub offering Professional Scouting Reports for Athletes ages 13u and older