

BASEBALL CANADA | PARTICIPANT PROGRESS REPORT

FUNDAMENTAL MOVEMENT SKILLS • AGILITY		SUCCESS
to jump over a line for 10 reps using your own type of jump JUMPING	☐	
to throw a ball 5 feet in distance THROWING	☐	
to catch a ball thrown from 5 feet CATCHING	☐	
to hit a ball off a batting tee HITTING	☐	
to run around the bases in the correct direction without stopping BASE RUNNING	☐	

MENTAL MOVEMENT SKILLS • BALANCE		SUCCESS
WING	to throw 3-of-5 balls to a coach from 10 feet in distance	☐
WING	to field 3-of-5 ground balls rolled from 15 feet	☐
WING	to hit 3-of-5 fair balls off a batting tee	☐
RUNNING	to hit off a batting tee and run through 1st base	☐

FUNDAMENTAL MOVEMENT SKILLS • COORDINATION		SUCCESS
Form 10 Jumping Jacks without stopping	☐	☐
WING to throw the ball 25 feet in distance without hitting the ground	☐	☐
VING to catch 3-of-5 fly balls from 15 feet in height	☐	☐
IG to hit 3-of-5 fair balls from an underhand throw	☐	☐
RUNNING to run two bases and stop at the second base	☐	☐

FUNDAMENTAL MOVEMENT SKILLS • AGILITY		SUCCESS
ABLE TO TOUCH SIX CONES PLACED IN A STAR SHAPE WHILE ALWAYS LOOKING FORWARD	THROWING ABLE TO THROW 3-OF-5 BALLS TO A COACH FROM 25 FEET IN DISTANCE	☐ ☐
ABLE TO FIELD 3-OF-5 GROUNDERS TO THE RIGHT AND 3-OF-5 GROUNDERS TO THE LEFT (GAME DISTANCE)	RECEIVING	☐
ABLE TO HIT 3-OF-5 BALLS FROM AN UNDERHAND THROW PASSED THE BASE PATHS, ROLLING OR IN THE AIR	HITTING	☐
ABLE TO RUN 20 FEET FOLLOWED BY A FEET FIRST SLIDE (ON GRASS, NO BASES)	BASE RUNNING	☐

COMMENTS:	LEVEL: TRIPLE	SUCCESS
PLACE STICKER HERE	FUNDAMENTAL MOVEMENT SKILLS • BALANCE Squat like a catcher and perform 5 squat jumps to the right and 5 to the left	☐
	THROWING Able to throw the ball 50 feet in distance without hitting the ground	☐
	RECEIVING Able to catch 3-of-5 fly balls to the right and 3-of-5 flyballs to the left (5-10 feet left and right) at 15 feet height.	☐
	HITTING Able to hit 3-of-5 fair balls from an underhand throw at least 75 feet in distance, rolling or in the air	☐
	BASE RUNNING Able to run to a base and perform correct sliding technique at the base	☐

LEVEL: HOME RUN	COMMENTS:
FUNDAMENTAL MOVEMENT SKILLS • COORDINATION Juggle two balls with two hands for five seconds using transfer or cross method THROWING From fielding position, athlete can throw 3-of-5 balls to 1st base from shortstop position RECEIVING Able to catch a total of 13-of-15 balls out of five grounders, five fly balls, and five balls thrown by a partner from distance of 15 feet HITTING Able to hit 3-of-5 fair balls from machine (44 feet and 42-43 mph) or overhand BASE RUNNING Able to run two bases and slide at the last base	SUCCESS ☐ ☐ ☐ ☐ ☐