

## **BPAA Baseball Tryout Information (old)**

There will be 5 stations that will be evaluated: 2 hitting, 2 fielding, 1 pitching

### **Hitting Stations:**

#### **Front Toss**

Things evaluators are looking for:

- Type of contact (live drive, popup, ground ball, foul off, swing and misses)
- How hard the ball is hit (hit hard, average, or below average)
- Entire swing mechanics from beginning to end

#### **Live Hitting**

Things evaluators are looking for:

- Type of contact (live drive, popup, ground ball, foul off, swing and misses)
- How hard the ball is hit (hit hard, average, or below average)
- Batting stance
- Entire swing mechanics from beginning to end

### **Defensive Stations:**

#### **Ground Balls**

Things evaluators are looking for:

- Was the play made (was the ball caught, bobbled or dropped, or was the ball missed entirely)
- Are they able to throw the ball accurately to first base
- Do they get in position and move to the ball when making a play
- How hard are the throws over to first base

#### **Fly Balls**

Things evaluators are looking for:

- Are the players moving to the spot of the ball
- Was the play made (was the ball caught, bobbled or dropped, or was the ball missed entirely)
- Are the players able to throw to a target (catcher)
- How hard is the throw back to the target

### **Pitching Station:**

#### **Pitching**

Things evaluators are looking for:

- Are the players able to hit the strike zone (pitches are charted)
- How fluid is their motion
- How hard are they throwing
- Entire pitching mechanics from beginning to end

## **BPAA Baseball Tryout Information (2 nights)**

(New Revised)

There will be 5 stations that each player will be evaluated on: Hitting (front toss and live), Fielding (Infield and Outfield) and Pitching (from the stretch or Windup). Scores will be out of 40 with a total score of 200:

Scoring (40pts per tryout station) - below is a breakdown of how the players will be scored per tryout station:

- Lower than average - 1 to 16
- Average to above average - 16 to 29
- Above Average to Elite - 29 to 40

### **HITTING**

Front Toss (8 pitches, 7 evaluated), Live (10 pitches, 7 evaluated)/Live (10 pitches, 7 evaluated):

What evaluators will be looking for:

- Plate approach
- Proper stance that works for the hitter
- Ready vs Reactive
- Swing Mechanics
- Swing sequence
- Contact
- Power

### **FIELDING - Outfield/Infield:**

Outfield (5 fly balls - 1 direct, to the left and right, over their head, one short) - players will be fielding fly balls from a machine and making a good throw to the cut (parent volunteer):

What evaluators will be looking for:

- Athleticism
- Prep Stepping and being ready
- Working through the catch
- Catching over proper shoulder
- Ready to throw when making the catch
- Accurate and hard throw
- Is the player making the catch
- Opening and turning hips
- Catching with 2 hands when needed
- Judging a fly ball and getting under it
- Running with their glove or not

Infield - start at SS making throws to 1st (6 ground balls - 3 direct, 1 to the left and right, 1 slow roller):

What evaluators will be looking for:

- Athleticism
- Readiness
- How the player moves
- Footwork
- Glove work
- Proper fielding mechanics on routine, forehand, backhand and slow rollers
- Accurate, hard throws to 1st base
- They getting their feet set to throw
- Throwing from different angles when needed
- Attacking vs waiting

**PITCHING** (windup or stretch) - off mound to a volunteer catcher (8 pitches, 6 evaluated) -

What evaluators will be looking for:

- Overall pitching mechanics
- Good balance
- Consistent arm slot
- Hip shoulder separation
- Grip
- Velocity
- Pitch Command
- Body Control
- Whole Pitching sequence from start to finish (leg lift to follow through)

**BASE RUNNING** - (TIMES NOT SCORED)

Players will be assessed on their ability to run the bases. Players will start in the right hand batters box with their hand on home plate. When the player lifts their hand from the plate, time will start. When the player steps on home plate the time will stop. Players will have two opportunities to be timed for their run. Run times will be information available for coaches as they determine the make-up of their team.

\*\*\*Tryouts are done by 3rd party (Hit Dawg) evaluators. This creates zero bias and makes sure everyone has a fair chance at making a team. 3rd party evaluators have been instructed to follow the scoring structure and will do their best to do so.