



# Little Lake Little League

## Skills Assessment Form



### The Structure for Tryouts & Skills Assessment

This standardized work-out will be used for the Spring 2019 season try-outs. It will only pertain to Little Lake Little League players who are in incoming Juniors and Majors, all Minor A and Minor B divisions.

Using the *Coach's Scoring Tool* (refer to Figure 1), managers and coaches should score each player according to the listed categories of skills. The Coach's Scoring Tool 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/her 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/her peers. Score two, three or four points for levels of skills in-between the two extremes.

DURATION	ACTIVITY
5 MINS.	Opening Remarks
10 MINS	Warm up
10 MINS	Base Running Skills
15 MINS	Infield Skills
5 MINS	Water Break
15 MINS	Outfield Skills
5 MINS	Water Break
20 MINS	Hitting Skills
15 MINS	Pitchers & Catchers
5 MINS	Thank You

Name: _____	<b>Infield:</b> Mechanics 1 2 3 4 5 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>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 Catcher: Mechanics 1 2 3 4 5 Arm 1 2 3 4 5	<b>Attitude, Focus, Hustle:</b>
Size: S M L Throws: R L Bats: R L S Foot Speed: Hm-1B: 1B-3B:	<b>Outfield:</b> Range 1 2 3 4 5 Overall 1 2 3 4 5	<b>Catching:</b> Overall 1 2 3 4 5	<b>Overall</b> 1 2 3 4 5		

*Figure 1. Coach's Scoring Tool*

### The Day of Try-outs

As presented in the table, the try-outs will take approximately one hour and forty-five (1 hour 45 minutes) minutes. Parents and players should anticipate on coming to Lakeside Park about 15-30 minutes prior to the start of try-outs. The Player Agent will be going through your registration to make sure all the necessary paperwork has been filled out. All players will be trying out among their division – it is not an individual work-out. All activities listed fit the structure and criteria in the *Coach's Scoring Tool*. Try-outs will begin promptly at the designated time. IF the player is late after five minutes, he/she will have to try-out on make-up days. Refer to the Google Calendar for further dates.

**When:** Saturday, January 26, 2019

- Majors 9:15 am  
*Incoming Juniors will try-out with incoming Majors*
- Minor A 11:15 am
- Minor B 1:15 pm