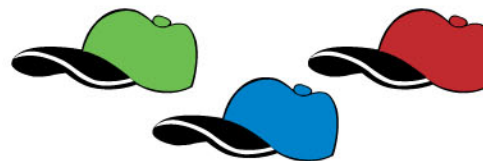




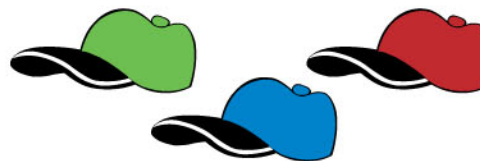
EVALUATION FILES





RALLY CAP EVALUATION FILE

Participants	Abilities ranking																	
	Throwing						Receiving						Hitting					
	White	Grey	Black	Green	Blue	Red	White	Grey	Black	Green	Blue	Red	White	Grey	Black	Green	Blue	Red
1.																		
2.																		
3.																		
4.																		
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14.																		
15.																		
16.																		
17.																		
18.																		
19.																		



RALLY CAP EVALUATION FILE

WHITE CAP



Participants

THROWING RECEIVING HITTING BASE RUNNING GENERAL

Able to throw a ball 5 feet

Able to catch a ball thrown from 5 feet

Able to hit a ball off a tee

Know what direction to run after hitting the ball

I know my team's name, coach's name and names of 3 teammates.

Comments

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
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- 15.
- 16.
- 17.
- 18.



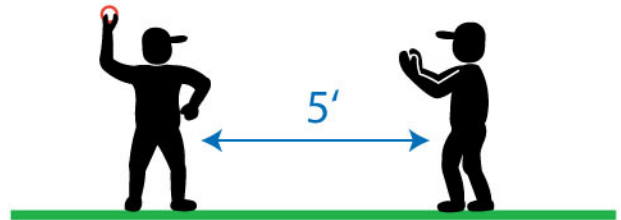
WHITE CAP



GOALS TO ACHIEVE

THROWING

With a partner or coach standing in front of the player at a distance of 5 feet, the player is asked to throw the ball. Accuracy is not important at this stage, only that the player be able to throw the ball the distance.



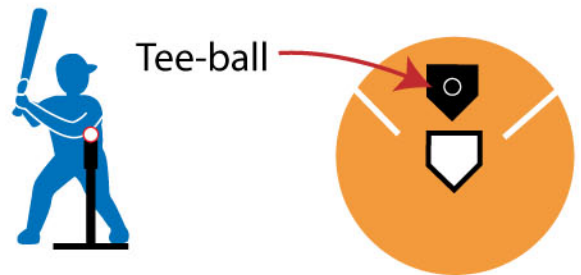
RECEIVING

With a partner or a coach standing in front of the player at five (5) feet, throw the ball underhand to the player. At this stage, look for players who can receive the ball using both hands.



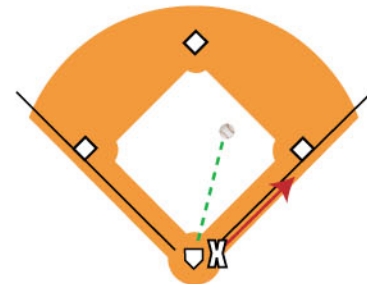
HITTING

With a partner or a coach standing beside the player, simply ask the player to hit the ball off the tee. Contact with the ball, not distance is important here. Ensure the tee is placed in front of home plate and NOT directly on home plate.



BASE RUNNING

To complete this task, player must know what direction to run after hitting the ball. Coach can consider various bases to check players' knowledge.

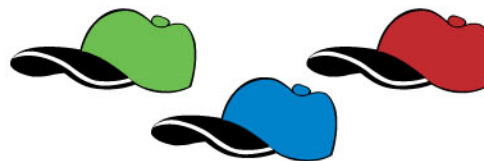


GENERAL KNOWLEDGE

By using the report card, ask the player to fill out the portion relating to this item. You can also ask him some questions.

General section

Year: _____
 My name: _____
 My team's name: _____
 My coach's name: _____
 My uniform number: _____
 My height: _____
 My weight: _____
 3 teammates' names: _____



RALLY CAP EVALUATION FILE

GREY CAP



Participants

THROWING RECEIVING HITTING BASE RUNNING GENERAL

	Able to throw 7 of 10 balls to partner from 10 feet	Able to field 10 of 15 ground balls from 15 feet	Able to hit 10 of 15 balls off a tee	Know what the bases are called (1st, 2nd, 3rd and home)	Able to name all the position numbers	Comments
1.						
2.						
3.						
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9.						
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12.						
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17.						
18.						



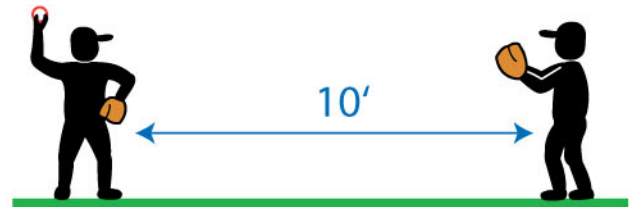
GREY CAP



GOALS TO ACHIEVE

THROWING

With a partner or a coach standing in front of the kid at 10 feet, ask the player to throw the ball. The accuracy is not important at this stage. We just want the player to be able to reach the distance.



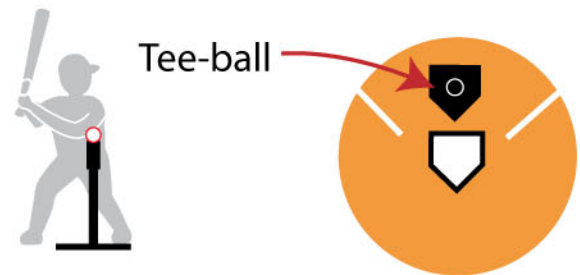
RECEIVING

With the coach located 15 feet in front of the player, roll 15 balls to the player. In order to succeed, the player must field 10 of the 15 balls.



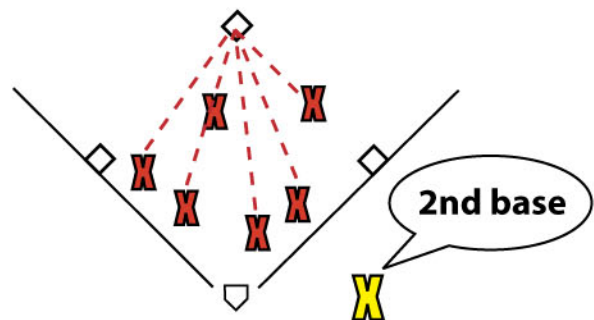
HITTING

With a partner or a coach standing beside the player, simply ask the player to hit the ball off the tee. Contact with 10 of 15 balls is important here, not distance. Ensure the tee is placed in front of home plate and NOT directly on home plate.



BASE RUNNING

To complete this task, coach must ask his players to identify the bases on baseball field: 1st base, 2nd base, 3rd base and home.



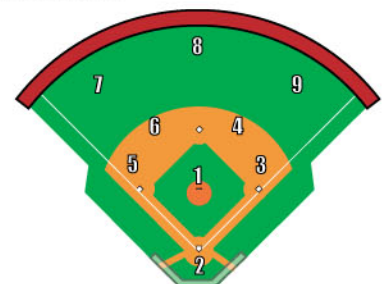
GENERAL KNOWLEDGE

Teach the players the name and number of the positions. By using the report card, ask the player to fill out the portion relating to this item. You can also ask him some questions.

General section

Match positions with their numbers

Shortstop	4
3rd base	9
Right field	1
Catcher	3
Pitcher	6
1st base	5
2nd base	2





RALLY CAP EVALUATION FILE

BLACK CAP



Participants

THROWING

RECEIVING

HITTING

BASE RUNNING

GENERAL

Able to throw the ball 25 feet

Able to catch 10 of 20 fly balls from a height of 15 feet

I can hit 7 of 15 balls thrown underhand

Able to run around the bases without stopping

I know 3 different ways to get a player out

Comments

1.

2.

3.

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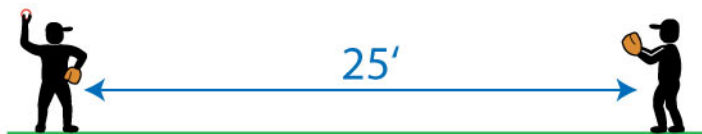
BLACK CAP



GOALS TO ACHIEVE

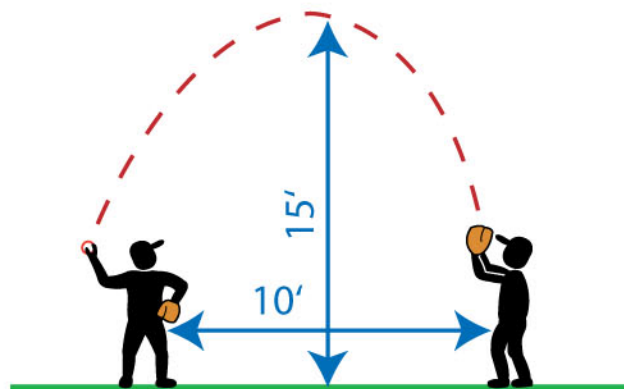
THROWING

With a partner or a coach standing in front of the player at a distance of 25 feet, the player is asked to throw the ball. Accuracy is not important at this stage, only that the player be able to throw the distance.



RECEIVING

With a partner or coach standing in front of the player at 10 feet, throw the ball in the air at approximately 15 feet. Look for players who will catch the ball using both hands. To succeed, the player must catch 10 fly balls out of the 15 balls thrown.



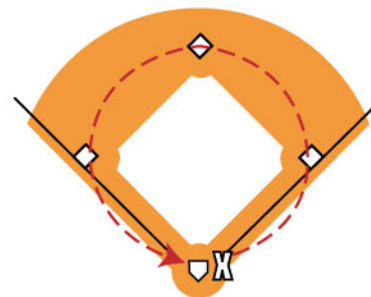
HITTING

With a partner or a coach standing in at 45 degrees from the player, simply ask the player to hit the ball thrown underhand. 7 out of 15 attempts should be successful. The distance is not important here.



BASE RUNNING

The player takes a position in the batter's box. With a ball standing on a tee, the player takes a full swing and starts running towards 1st base. He then rounds 1st base using the banana turn before going to 2nd base. To be successful, the player must round 1st base in order to be in line with 2nd base.



GENERAL KNOWLEDGE

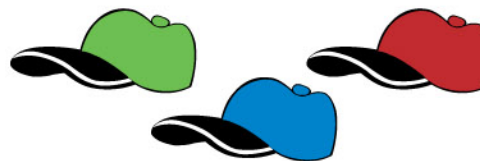
Teach and explain to players how to make an out. By using the report card, ask the player to fill out the portion relating to this item. You can also ask him some questions.

General section

Circle the correct answer:

To put out a runner, I can:

- a) Throw the ball on him
- b) Touch him with the ball in my hand
- c) Throw to the base before he gets there on a forced play
- d) Touch him with the ball in my glove
- e) B, C and D
- f) All of the above
- g) C and D



RALLY CAP EVALUATION FILE

GREEN CAP



Participants

THROWING	RECEIVING	HITTING	BASE RUNNING	GENERAL	Comments
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Able to throw 9 of 15 balls to a 4' x 4' target hung on the backstop of fence from 20 feet

Able to catch 5/5 ground balls, 5/5 fly balls, 5/5 balls thrown by a partner from 15 feet

Able to hit 7/15 balls past the base paths, rolling or in the air

Know how to make a banana turn at 1st base

I know where to throw the ball when I field it.

Comments

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
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- 18.



GREEN CAP



GOALS TO ACHIEVE

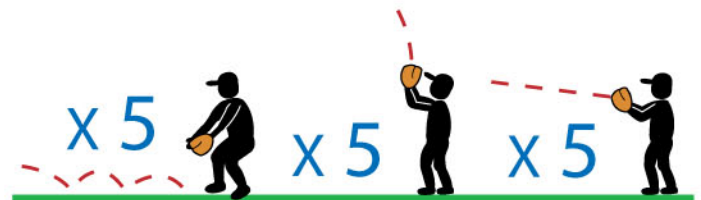
THROWING

Position a player 20 feet from a backstop or fence where a 4 x 4 target has been hung. The thrower will have 15 attempts to throw 9 balls to the target. The strike zone is an imaginary area that is as wide as home plate and extends from the batter's chest to his knees.



RECEIVING

With a partner or a coach standing in front of the player at 15 feet, the player will receive 5 ground balls, 5 fly balls and 5 thrown balls. In all cases, the player must catch all of them. Same procedures as previous drills.



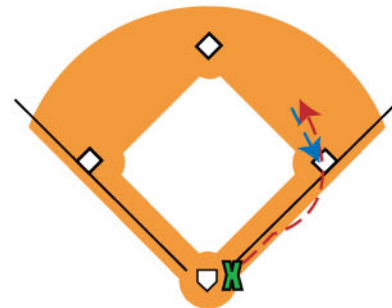
HITTING

With a coach standing in front of the player at 20 feet and throwing overhand from his knees, simply ask the player to hit the ball. The ball must reach the outfield portion, rolling or in the air. This must be done 7 times out of 15 attempts.



BASE RUNNING

A coach is standing down the 1st base line. Player takes a position in the batter's box. With a ball standing on a tee, the player takes a full swing and the coach instructs the player to run. To be successful, the player must run toward 1st base and touch the bag. (distance of 60 feet)



GENERAL KNOWLEDGE

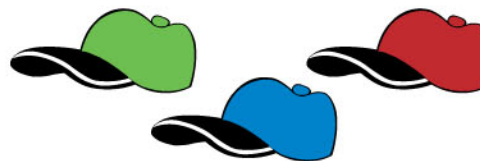
The player knows where to throw the ball when he fields it. By using the report card, ask the player to fill out the portion relating to this item. You can also ask him some questions.

General section

Circle the correct answer

I play short-stop. There is a runner on 1st base with 1 out. The ball is hit at me. After fielding it, I can:

- a) Throw to 2nd base
- b) Throw to home plate
- c) Throw to 1st base
- d) Throw to 3rd base
- e) Throw to the pitcher
- f) A and C



RALLY CAP EVALUATION FILE

BLUE CAP



Participants

THROWING	RECEIVING	HITTING	BASE RUNNING	GENERAL	Comments
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Able to throw the ball at a distance of 50 feet

Able to catch 12/15 fly balls not directly hit to me (20 feet in front and 5-10 feet left and right)

Able to hit 12/15 balls at least 75 feet in distance

Able to run from 1st to 2nd and slide at 2nd base

I know the difference between a hit and an error; a strike and a ball; safe and out; a 1B, 2B, 3B and HR; fair and foul

Comments

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BLUE CAP



GOALS TO ACHIEVE

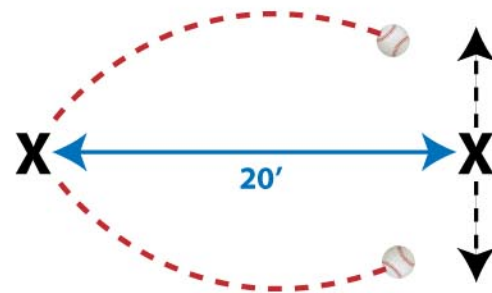
THROWING

With a partner or a coach standing in front of the player at a distance of 50 feet, the player is asked to throw the ball. Accuracy is not important at this stage, only that the player be able to throw the distance.



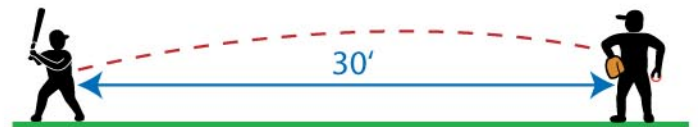
RECEIVING

With a partner or a coach standing in front of the player at 20 feet, throw the ball in the air at approximately 5-10 feet to the player's left and to the player's right. The objective is for the player to catch 12 fly balls out of the 15 balls thrown.



HITTING

With a coach standing in front of the player at 30 feet and throwing overhand, simply ask the player to hit the ball. The ball must reach 75 feet or more, rolling or in the air. This must be done 12 times out of 15 attempts.



BASE RUNNING

A coach is standing down at 2nd base. The player takes a position at 1st base keeping only one foot on the base. When the player is ready, the coach says "Go" so the player can leave. To be successful, the player has to run the distance with a correct slide at 2nd base using the proper criteria: bend leg to height of calf, leg extended in the air, hands in the air, weight on the butt, upper body raised.

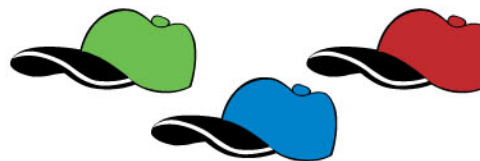


GENERAL KNOWLEDGE

I know the difference between a hit and an error; a strike and a ball; safe and out; a single, double, triple and HR; fair and foul. By using the report card, ask the player to fill out the portion relating to this item. You can also ask him some questions.

General section

- a) A ball hit on a baseline is considered a foul ball.
TRUE or FALSE
- b) If I hit a ball and I am able to reach 2nd base, I have just hit a double.
TRUE or FALSE
- c) A ball thrown to me below the knees is considered to be a strike.
TRUE or FALSE
- d) If I hit the ball and the ball is dropped by a defensive player, it's a single.
TRUE or FALSE
- e) If I run and the ball arrives at same time as I get to the base, I am out.
TRUE or FALSE



RALLY CAP EVALUATION FILE

RED CAP



Participants

THROWING RECEIVING HITTING BASE RUNNING GENERAL

	From a fielding position, I can throw 10 of 15 balls to 1st base from shortstop	Able to field 5/6 grounders to the left and 5/5 grounders to the right (regular distance)	Able to hit 10/15 balls between cones	I can run from 1st to 3rd with a correct slide at 3rd base	I know where to position myself depending on the hitter	Comments
1.						
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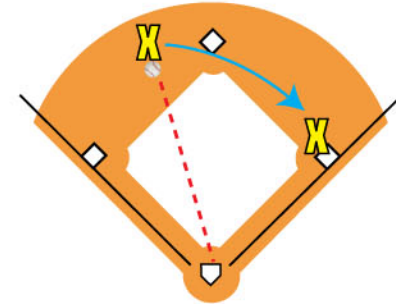
RED CAP



GOALS TO ACHIEVE

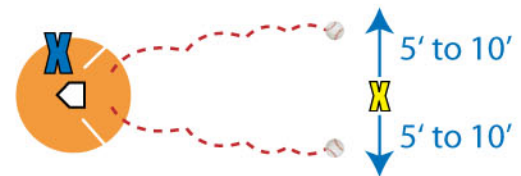
THROWING

Roll 15 balls to a player standing at the shortstop position and have the player throw the balls to a player positioned on 1st base. At this stage it is possible to judge a player's ability to throw the ball the full distance to 1st base without the ball bouncing and also to judge accuracy because it is important that the player receiving the throws at 1st base be able to keep one foot on the base when catching the ball.



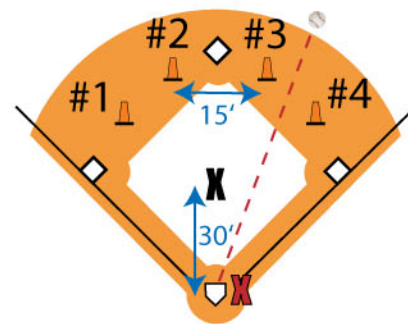
RECEIVING

With a partner or a coach standing at home plate, roll or hit the ball on the ground at approximately 5-10 feet to the player's left and to the player's right. The objective is for the player to catch 5 out of 5 grounders to the left and 5 out of 5 grounders to the right. If the coach is not good using the bat, simply roll the ball.



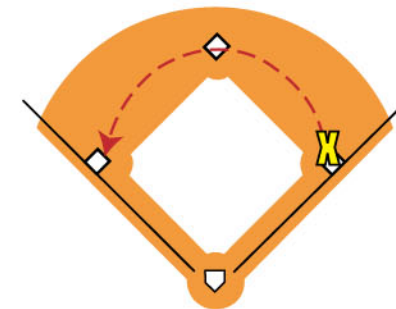
HITTING

With a coach standing in front of the player at 30 feet and throwing overhand, simply ask the player to hit the ball. On the first 5 balls thrown, 3 must be hit between cones at shortstop. On the next 5 balls, 3 must be hit between cones in the middle and on the last 5 balls, 3 must be hit between cones between the 1st and 2nd base area. The ball must reach the outfield portion, rolling or in the air.



BASE RUNNING

A coach is standing at 3rd base. The player takes a position at 1st base keeping only one foot on the base. When the player is ready, the coach says "Go" so the player can leave. To be successful, the player has to run the distance with a correct slide at 3rd base using the proper criteria.



GENERAL KNOWLEDGE

The player knows where to be positioned depending on the hitter. By using the report card, ask the player to fill out the portion relating to this item. You can also ask him some questions.

General section

Using the diagram below, indicate where the left-handed batter is likely to hit the ball. Place an "X" to where you would position each defensive player using one of the two circles beside each defensive player.

