



PROGRAM



PARTICIPANT REPORT CARD

Name: _____



WHITE CAP

- Throwing: Able to throw a ball 5 feet *Success*
- Receiving: Able to catch a ball from 5 feet *Success*
- Hitting: Able to hit a ball off a tee *Success*
- Base running: Know what direction to run after hitting the ball *Success*
- General: I know my team's name, coach's name and 3 team mates' names *Success*

Comments: _____



GREEN CAP

- Throwing: Throw 9 of 15 balls to a 4' x 4' target from 20 feet *Success*
- Receiving: Able to catch 5 of 5 ground balls, 5 of 5 fly balls, 5 of 5 balls thrown from 15 feet *Success*
- Hitting: Able to hit 7 of 15 balls past the base paths *Success*
- Base running: Know how to make a banana turn at 1st base *Success*
- General: I know where to throw the ball when I field it *Success*

Comments: _____



GREY CAP

- Throwing: Able to throw 7 of 10 balls to partner from 10 feet *Success*
- Receiving: Able to field 10 of 15 ground balls from 15 feet *Success*
- Hitting: Able to hit 10 of 15 balls off a tee *Success*
- Base running: Know what the bases are called *Success*
- General: I can name all the positions on the field *Success*

Comments: _____



BLUE CAP

- Throwing: Able to throw the ball 50 feet *Success*
- Receiving: Able to catch 12 of 15 fly balls not directly hit to me *Success*
- Hitting: Able to hit 12 of 15 balls past 75 feet *Success*
- Base running: Able to run from 1st to 2nd and slide at 2nd base *Success*
- General: I know the difference between: hit and error; strike & ball; safe & out; single & double & triple & HR; fair & foul *Success*

Comments: _____



BLACK CAP

- Throwing: Able to throw the ball 25 feet *Success*
- Receiving: Able to catch 10 of 20 fly balls of 15 feet heights *Success*
- Hitting: I am able to hit 7 of 15 balls thrown underhand *Success*
- Base running: Able to run around the bases without stopping *Success*
- General: I know 3 different ways to get a player out *Success*

Comments: _____



RED CAP

- Throwing: From fielding position, I am able to throw 10 of 15 balls to 1st base *Success*
- Receiving: Able to field 5 of 5 grounders to the left and 5 of 5 grounders to the right *Success*
- Hitting: Able to hit 10 of 15 balls between cones *Success*
- Base running: I am able to run from 1st to 3rd in 11 seconds with a correct slide at 3rd base *Success*
- General: I know where to position myself depending on the hitter *Success*

Comments: _____



WHITE CAP

General section



Year: _____

My name: _____



My team's name: _____

My coach's name: _____

My uniform number: _____



My height: _____

My weight: _____



3 teammates' names: _____



BLACK CAP

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



GREY CAP

General section

Match positions with their numbers

Short-stop 4

3rd base 9

Right field 1

Catcher 3

Pitcher 6

1st base 5

2nd base 2



GREEN CAP

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





BLUE CAP

General section



TRUE or FALSE ?



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



RED CAP

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.

