



# **PROGRAM**

# **Participant Report Card**



## WHITE CAP



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

Comments: \_\_\_



Success Success

**Initials** 



# **GREEN CAP**



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

Comments:

Success



Success



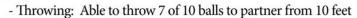








# **GREY CAP**



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

Comments:

**Initials** 

Success

Success

Success

Success

Success



## **BLUE CAP**



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

Success Success

Success

Success



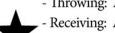
Comments:

Initials





# BLACK CAP



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



Success

Success

Success

Success

Success



## **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
- Hitting: Able to hit 10 of 15 balls between cones
- Base running: I am able to run from 1st to 3rd in 11 seconds with a Success correct slide at 3rd base
- General: I know where to position myself depending on the hitter Comments:



Initials

Success

Success





# **PROGRAM**

# **General section**

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# WHITE CAP

٨	General section		
77	Year:		
	My name:		
	My team's name:		
W	My coach's name:		
	My uniform number:		
egreen	My height:		
$\sim$	My height: My weight:		
٨	3 teammates' names:		
7,7			
$\sim$			



# **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**





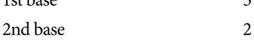
# Match positions with their numbers

٨	Short-stop	
$\searrow$	3rd base	
	Right field	
$\leftarrow$	Catcher	











# **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













# **PROGRAM**

# **General section**



# **BLUE CAP**





# General section





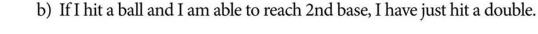
#### TRUE or FALSE ?





a) A ball hit on a baseline is considered a foul ball.

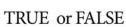
TRUE or FALSE





c) A ball thrown to me below the knees is considered to be a strike.

TRUE or FALSE





e) If I run and the ball arrives at same time as I get to the base, I am out.

d) If I hit the ball and the ball is dropped by a defensive player, it's a single.

TRUE or FALSE











### 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.





