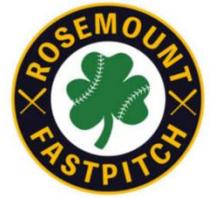


10U, 12U & 14U Player Skills That Will Be Evaluated at Assessments

(Rosemount Fastpitch reserves the right to change any quantities noted within, without notice)



Hitting - Off Pitching Machine, Front Toss and Exit Velocity

- 10 Total Evaluated Pitches
- 10U 35 – 40 mph / 12U and 14U 45 – 50 mph

What evaluators will be looking for

- Set Up – stance, hands ready, grip, head on ball, position in the box
- Mechanics – timing, balance, pivot, rotation, stride, bat speed
- Swing – quick hands, hands through the zone, eyes on ball, contact, power, extension and follow through
- Ability to hit pitches in different locations
- A player may take a pitch and not count, unless it is a strike. Bad pitches will be repeated.

Bunting – Off Pitching Machine: 5 Total Evaluated Bunt Attempts

What evaluators will be looking for

- Good bunting mechanics, squaring up, hand position, bat position, eyes on pitcher and ball tracking. The bunting contact point and also placement of the bunt are important.

Throwing – will be evaluated during fly balls & ground balls

What evaluators will be looking for

- Mechanics – aligns body to target, throws over the shoulder, elbow up, follows through across body and shows opposition. Players should demonstrate strength and velocity of throw, accuracy, consistency, and natural fluid motion.

Fly Balls – 5 total evaluated balls

What evaluators will be looking for

- Player needs to show quickness to the ball. They will align their body underneath the ball. Catches ball with proper use of the two hands.
- Fielding position – circle the ball and position for the throw after the catch.
- Catch should be two handed and approximately shoulder high
- Player makes proper set up to transfer the ball and throws to the target with a strong arm.

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Fielding Ground Balls – 4 evaluated ground balls

What evaluators will be looking for

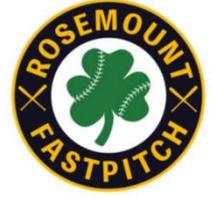
- Player needs to show quickness to the ball, then field the ball to center of body and in front, funnel to body, and complete the play with a strong throw.
- Fielding position – attack the ball, knees bent, feet apart, bottom down, field ball in front and center of body.
- Fielding the ball should be two handed, head down, with the ball funneled into the glove. Throw to the target should be strong, accurate, quick and fluid to complete the play.

Speed / Base Running / Sliding

- Players will be timed – two times from home plate to first base and two times home plate to second base.
- Runners will slide into second on both runs to second.
- Sliding will be scored.

(continued on next page)

10U, 12U, 14U Pitchers: Skills That Will Be Evaluated at Assessments



Pitching

Pitchers will be evaluated on

- Control: low/inside, low/outside, high/inside, high/outside. They will get three attempts at each location. One point for each location spot hit.
- Speed: each pitcher will get five pitches; the top speed (from radar gun) will be recorded and used.
- Types of Pitches: the pitcher will be allowed to throw and be evaluated on, any pitch they want to throw. They will get three attempts at each pitch chosen.
 - If they choose to throw a changeup, they will get three chances. Each pitch will be evaluated on proper execution.
- Points will be totaled for an overall score.

(continued on next page)

10U, 12U, 14U Catchers: Skills That Will Be Evaluated at Assessments

Catching

Catchers will be evaluated on

- Stance / Footwork: 1 – 5
- Catching Ball / Framing: 1 – 5
- Throwing Mechanics: 1 – 5
- Throwing Accuracy: 1 – 5
- Pop time Speed
- Arm Strength: 1 – 5
- Blocking Balls: 1 – 5
- Fielding Bunts: 1 – 5

Note: Catchers will be receiving pitches from pitchers, throwing down to second base, blocking pitches from pitchers and fielding/throwing bunts.

