



FOX BASEBALL TRYOUT FORM

NAME _____ ATH. CELL # _____ PARENT CELL # _____

POSITION _____ GRADE _____ BAT: R - L - S THROW R - L

HS YEARS PLAYED _____ HEIGHT _____ WEIGHT _____ SUMMER TEAM _____

1. 60 YD. _____

2. HOME TO 1ST _____ GRADE CHECK _____

3. 1 MILE _____ OFF SEASON COMMITMENT Y N

2= PERFORMANCE IS BELOW GRADE LEVEL 4 = AVG. GRADE LEVEL 6 = ABOVE AVERAGE GRADE LEVEL 8+ = EXCEEDS GRADE LEVEL

BASERUNNING

1. LEADS / JUMPS (POSITIVE SHIN ANGLE) 1 2 3 4 5 6 7 8 9 10

2. BASERUNNER APTITUDE 1 2 3 4 5 6 7 8 9 10

HITTING

1. STANCE (GETS INTO PROPER HITTING POSITION) 1 2 3 4 5 6 7 8 9 10

2. PLATE COVERAGE (CAN HIT BALLS TO ALL FIELDS) 1 2 3 4 5 6 7 8 9 10

3. LOAD / STRIDE (ON TIME) 1 2 3 4 5 6 7 8 9 10

4. BARREL PATH (ON PLANE / SLIGHTLY UP) 1 2 3 4 5 6 7 8 9 10

5. TOP HAND (HANDS STAY CLOSE TO BODY) 1 2 3 4 5 6 7 8 9 10

6. BALANCE 1 2 3 4 5 6 7 8 9 10

7. EXTENSION 1 2 3 4 5 6 7 8 9 10

8. POWER (CAN DRIVE BALL) 1 2 3 4 5 6 7 8 9 10

9. BUNTING 1 2 3 4 5 6 7 8 9 10

10. SITUATIONAL HITTING (CAPABLE) 1 2 3 4 5 6 7 8 9 10

11. MENTAL 1 2 3 4 5 6 7 8 9 10

12. EXIT VELO (WOOD) _____

NOTES: _____

DEFENSE/INFIELD-- ALL INF. (NON-1B) @ SS = X 8 (2 @ THEM/GS/BH/SR) 1B = X 8 3-6-3 DP (GUN BH 2B)

1. FOOTWORK (RIGHT, LEFT, FIELD) 1 2 3 4 5 6 7 8 9 10

2. SOFT HANDS 1 2 3 4 5 6 7 8 9 10

3. RANGE (SIDE TO SIDE) 1 2 3 4 5 6 7 8 9 10

4. ACCURACY OF THROWS 1 2 3 4 5 6 7 8 9 10

5. SS TO 1ST VELOCITY _____

6. ARM STRENGTH/QUICK RELEASE 1 2 3 4 5 6 7 8 9 10

7. GROUND BALLS 1 2 3 4 5 6 7 8 9 10

8. FLY BALLS 1 2 3 4 5 6 7 8 9 10

9. PATH TO BALL (GETS AROUND BASEBALL) 1 2 3 4 5 6 7 8 9 10

NOTES: _____

DEFENSE/OUTFIELD—X 8 (2 @ THEM/1 LEFT/1 RIGHT/2 GO GET/2 CHARGE) (GUN BH RF)

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|--|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 1. JUMPS/RANGE | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2. READS | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3. MECHANICS (CATCHES BALL COMING THROUGH) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 4. FOOT WORK | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 5. THROWING ACCURACY | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 6. ARM STRENGTH | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 7. VELOCITY (RF-3 RD) | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |

NOTES: _____

CATCHING-- X 6 POP TIME / DAY. 2 DAYS

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|--------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 1. BLOCKING (GLOVE DOWN FIRST) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2. FEET | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3. RECEIVING (DURING BULLPENS) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 4. POP TIME | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |

NOTES: _____

PITCHING

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|--|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 1. MECHANICS (INTENT) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2. CONTROL (HITS SPOTS) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3. DOWNWARD PLANE | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 4. FASTBALL (COMMAND) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 5. BREAKING PITCH (COMMAND) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 6. CHANGE UP (COMMAND) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 7. VELOCITY (IS IT ENOUGH TO COMPETE?) Y N | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 8. INTANGIBLES (MENTAL/HANDLES ADVERSITY) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

NOTES: _____

MISC.

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|----------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 1. CONDITIONING | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2. COMMITMENT/ATTITUDE | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3. LEADERSHIP | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 4. BASEBALL KNOWLEDGE | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 5. BEST POTENTIAL POSITION | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |

NOTES: _____
