High Performance Evaluation Rubric

Category & Measured Skills	Emerging (1-2) Performance of given skill is below average for age class.	Developing (3) Performance of given skill is average for age class.	Proficient (4) Consistently performs skill well with proper mechanics. Above average for age class.	Extending (5) Highest level movement patterns - Best in age class at given skill; provincial/national team standard.
Note to Coaches: Use the rubric below to evaluate athletes at High-Performance ID events according to their age class (14u - 21u). Videos linked in BLUE				
Speed (sec to 2 decimals)	*Measured from 2nd base (no lead) to home with stopwatch/timing gates. Time starts on first move of runner. An athlete may choose to run twice.* 2B-HOME			
Quickness (5-10-5 Pro Agility)	*5-yard – 10-yard – 5-yard line to line agility measured with stopwatch starting on first move, stopping on start line.* 5-10-5			
Hitting Exit Velocity Testing (mph)	*Each athlete will hit 5 balls off a tee into a screen/net at 20ft while being measured by radar for exit velocity from the front. The top 3 scores will count for overall average and the top overall mph will be recorded.* <div align="right">BACK VIEW	FRONT VIEW</div>			
Hitting Quality of Contact Barrels	*During BP, the number of check marks in rounds of 7 are calculated by how many balls were hit hard on the barrel of bat, regardless of distance. (Warm up round of 5 + 2 rounds of 7 swings)*			
Hitting Power	*Rated by the distance of ball travelled and how hard the ball leaves the bat consistently over their BP rounds.*			
Arm Strength From position (mph)	*Position player arm strength is measured by radar from the athlete's position with a ball in their glove with a simulated play. INF from SS to 1B, OF from RF to 3B (250 ft). The 1-5 rating system or radar can be used.* <div align="right">INF SS-1B	OF RF-3B</div>			
Transfer Speed (POP times for C/MI)	*Timing of touch to touch using stopwatch from catchers to 2B and middle infielders double play from SS touch (2B feed) to 1B touch.* <div align="right">POP SS-1B	POP C-2B</div>			

Evaluation Definitions for the **Four Rs of Fielding**: (INF and OF) Five total balls will be hit to each player: 1 routine, 1 to the right, 1 routine, 1 to the left, and 1 on the run (INF) or gap (OF)	
Routine	Proper footwork and glovework on groundballs/flyballs directly at them. Do they make the routine play and set themselves into good throwing positions consistently? INF ROUTINE | OF ROUTINE FB | OF ROUTINE GB
Range	How well/far does the athlete move left/right/back on balls in play? Do they use their speed to get to the ball and keep themselves under control to make throw once they field it? INF R | INF L | OF R | OF L
Run (INF)	How well does the INF field the slow roller on the run? Do they take the proper footwork/glovework to the ball to get rid of it quickly? INF ON THE RUN
Route (OF)	Route the outfielder takes to fly balls and ground balls. Things to look for: first step efficiency, aggressiveness, speed, tracking ability, do they get around/work through the baseball? OF GB ROUTE | OF FB ROUTE
Rhythm	Does the athlete look comfortable, smooth, and confident when they move and field the ball? Is there a practiced smoothness to their movements that is consistent over each rep?

Evaluation Definitions for **PITCHERS AND CATCHERS**
Done during bullpen (2 Evaluators for 12-15 pitches total)

	Emerging (1-2)	Developing (3)	Proficient (4)	Extending (5)
PITCHERS (Rating scale for command, mechanics & movement) FRONT BEHIND C | BEHIND P	Command: Throws more balls than strikes; missing plate left or right of target. Mechanics and consistency need work.	Throwing mechanics repeatable; pitches are straight; May miss high or low; Still misses locations with most pitches to catcher.	Good control of fastball and feel for other pitches. Throws relatively consistent to location with other pitches. Mechanics are clean, consistent, and repeatable. Velocity and/or movement are above average for age class.	Throws strikes on demand; able to hit all corners of the plate. Commands strike zone with most pitches. Potential to be the ace of staff.
CATCHERS (Rating scale for receiving & rhythm) *RECEIVING* SIDE | FRONT | BACK *BLOCKING* FRONT | TOP	Ball pops out of glove; Needs to learn proper mechanics/setup; Unable to block or frame consistently.	Basic catch/frame understanding; ball may beat glove to a spot. Gets into blocking position late; needs work on blocking and receiving positions.	Frames ball well; throws accurately to 2B/3B. Above average framing ability. Has good blocking technique and is consistent with their setup.	Excellent framing and blocking ability. Top of age class.