



## Performance Evaluation Rubric

Category	Initial Low Awareness or just below average (1-2) - for age class	Emerging Sporadic, Non-intentional (3) – Average for age class	Competent Concerted Effort with proper mechanics (4) – Above avg for age class	Proficient High Awareness (5)- Best in age class at that skill
Rankings:	- -, -	@	+	++

**Notes to Coaches:** Use the rubric below to evaluate athletes on High Performance Evaluation Report. Use their age class to evaluate ability at position (14u, 15u, 16u, 17u)

<b>Speed (sec to 2 decimals)</b>	Measured from 2nd base (no lead) to home with stopwatch. Position Players will run twice. Ranked in class
<b>Quickness (5-10-5 Pro Agility)</b>	5 yard-10 yard- 5 yard line to line agility measured with stopwatch starting on first move, stopping on start line. <a href="#">VIDEO LINK</a>
<b>Hitting - Bat Speed Testing (mph)</b>	Hitter will 5 balls off tee into screen/net at 20ft while being measured by radar for exit velocity from the front. Top 3 scores will count in overall average and a top overall mph circled.
<b>Hitting - Barrels Checklist</b>	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 (Warm up round of 5 + 2 rounds of 7 swings) - Quality of contact
<b>Hitting - Power</b>	Rated by coach/evaluator by both distance of ball travelled and how hard the ball leaves the bat consistently over their BP rounds. Rated by age class.
<b>Arm Strength (mph) from position</b>	Position player arm strength is measured by radar from position with ball in glove with simulated play. INF from SS to 1B, OF from RF to 3B. The 1-5 rating system can be used if there is no radar available
<b>Arm Strength (POP for C/MI)</b>	Timing of touch to touch using stopwatch from catchers to 2B and middle infielders double play from SS touch to 1B touch.
<b>Fielding:</b>	<b>Definitions for the Four Rs of Fielding Evaluation:</b> (INF and OF)
<b>Routine</b>	Proper footwork and glovework on groundballs/flyballs directly at them. Do they make the routine play and set themselves into good throwing positions consistently?
<b>Range</b>	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?
<b>Run (INF)</b>	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?
<b>Route (OF)</b>	Route the outfielder takes to fly balls and ground balls. Things to look for: first step efficiency, confidence, aggressiveness, speed, tracking ability, do they get around/work through the baseball
<b>Rhythm</b>	Does the athlete look comfortable and confident when they move and field the ball? Is there a practiced smoothness to their movements that are consistent?

## Evaluation Definitions for PITCHERS AND CATCHERS - Done during bullpen (2 Evaluators)

<b>Pitchers</b>	Throws more balls than strikes; Missing plate left or right; Mechanics and consistency need work	Throwing mechanics good; Pitches are straight; May miss high or low; Still misses locations with most pitches	Good control of fastball; and other pitches. Throws consistently to location with other pitches. Mechanics are clean, consistent, and repeatable. Velocity and/or are above average for age class.	Throws strikes on demand; Able to hit all corners of the plate; Commands strike zone with most pitches. Ace of staff.
<b>Catcher (+/- rating scale for receiving/rhythm)</b>	Ball pops out of glove; Needs to learn proper mechanics/setup; Doesn't try to block or frame	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 down to 2B/3B; Above average framing ability. Has good blocking technique and is consistent with their setup	Excellent framing and blocking ability. Communicates well with pitchers. Top of age class