Coach Traub’s Showcase Camp Evaluation

August 5, 2012

Name: \_\_\_«Fname» «Lname» \_\_\_ Class:\_\_\_«Year» \_\_\_

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| Ratings are done on a scale of 1 to 10, with 8.0 being an average varsity high school starter. |
| 5 = Likely to get cut from varsity, 10 = Major DI scholarship/professional draft type of player |

 Stance



 -Flex in the knees

 -Athletic Position

 -Good Rhythm

 Load to Launch Position

 -Hands go back to go forward

 -Barrel of bat loaded directly above head,

 but not wrapped past or behind helmet.

 -Weight Back (65-85% over back foot)

 -Head Level

 -Shoulders Level

 -Two Eyes on the Ball

Check Position

 -Short to the ball

 -Shoulders level

Contact

 - Long through the hitting zone (extension)

 -Eyes track the ball to the bat

 -Pitch recognition (pitch and location)

 -Palm Up/Palm Down Position

 -Bat Whip

 -Shoelaces to pitcher (or ball if OPPO)

 -Balance

-Hit against a firm front side

Follow Through

 -Extension with the arms

 -Balance

**\_«Overall\_Swing»\_Entire Swing**

(Comprehensive Grade)

 \_\_\_\_«Balance»\_ Balance – Weight on balls of feet (note: graded in BP, typically worse in games)

 \_\_\_\_«Hand\_Path»\_\_ Hand Path – Short to it, Long through it

 \_\_\_\_«Hit\_for\_Avg»\_ Hit for average (produces line drives w/ backspin, hitting ball where pitched)

Overall Grade

«Overall\_Score»

 \_\_\_\_«Hit\_for\_Power»\_\_ Hit for power (speed and strength in swing)

Running Times – 60 Yard Dash \_\_ «M\_60\_Time», «M\_60\_Time1»\_ Throwing Velocity from the field \_\_«Throwing\_Velocity»\_\_

Arm Accuracy \_\_\_«Throwing\_Accuracy»\_\_\_\_Hands/Athleticism \_\_\_«Hands\_Athleticism»\_\_\_\_ Fielding Footwork \_\_\_«Fielding\_Footwork»\_\_

Hitting Comments: **«Comments1»**

Pitching Velocities: FB \_\_«Fastball\_Velo»\_\_\_ FB Mvmt \_\_«FB\_Mvmt»\_\_\_\_ FB Command \_\_«FB\_Command»\_\_\_\_\_ Breaking Ball \_\_\_«Breaking\_Ball\_Velo»\_\_\_\_

Change \_\_«Change\_Velo»\_\_\_\_\_ Other \_\_«Other\_Velo»\_\_\_\_ Pitching Mechanics \_\_«Pitching\_Mechanics»\_\_\_\_

Pitching Comments: «Comments2»

AB1: «M\_1st\_AB» AB2: «M\_2nd\_AB» AB3: «M\_3rd\_AB» Home to First Base Speed: \_\_\_«H1B»\_\_\_

Catcher Pop to Pop times: \_\_«C\_Pop\_Times»\_\_\_ Other Comments: «COMMENTS» «Comments21»

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