



TESTING PREPARATION OUTLINE #1

30/60 YARD DASH

Straight line sprint test that measure acceleration, and is a reliable indicator of speed, agility and quickness.

SHUTTLE RUN (5-10-5)

Lateral movement test that measures the agility of our athletes, especially body control and change of direction.

VERTICAL JUMP

Jumping for maximum height, this test measures explosiveness, and is a reliable indicator of speed.

BROADJUMP

Drill to determine lower-body strength and explosiveness. Also, balance and precision.

HOME TO FIRST

Position players

MILE RUN

Running is a weight-bearing exercise and therefore helps you strengthen the musculoskeletal system. It is especially helpful for young children and teenagers whose bones have not completely developed. Running is also helpful in improving joint stability. Running is considered one efficient way of losing fat and managing a healthy weight.

200 YARD RUN

(4 under 40 seconds) Test our players heart and mental state

HITTRAX

Real-time statistics and key performance metrics such as exit ball velocity, distance, pitch speed, launch angle, spray charts and more.



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INFIELDERS

Defensive skills from SS with throws to 1B (1) 2 routine ground balls (2) 2 back hand (3) 2 up the middle (4) 2 slow rollers.

FIRST BASEMAN

(1) 2 routine ground balls (2) 2 holding the runner at 1B (3) 1 bunt with throw to 3B.

OUTFIELDERS

(1) 3 throws to 3B (2) 3 throws to plate (3) 3 fly balls

CATCHERS

(1) 4 time throws to 2nd (2) 2 throws to 3B (3) Block 6 balls in dirt 2 right 2 center 2 left (4) receive 4 balls (5) field 2 bunts

PITCHERS

12 pitches from wind up (1) 3 4 seam (2) 3 2 seam (3) 3 CB and/ or sliders (4) 3 changeups and/ or split. Repeat from stretch.