

Tryout Structure

Check-In Process

Youth Tryouts:

Make bib numbers using large, blank index cards and a sharpie. All of the numbers start with the player ages. My numbers are set for more than 100 players at the tryout (that VERY rarely happens, but I am prepared for it.)

Example: Players trying out for 12U start with player number 12001. We have pins and pin the index card to the player's back.

Buy nametag size stickers and put the same numbers on them. The parents wear the stickers so that coaches know which parents belong with each player.

High School Tryouts: purchase marathon bib numbers for our high school tryouts. Google "marathon bibs" and find the best price. I use the same numbering system so our 15s start with number 15001.

Tryout

Stretch and Throw: 10-15 minutes

Led by one of the coaches or directors

Run:

Needed items and people: evaluation sheets, evaluators, cones, stopwatches, person shouting out bib numbers and organizing players by bib numbers, race starter

High school players run the 60 yd dash (two players at a time)

Youth runs home to second (one player at a time)

Organize them by bib number to make the tryout run smoother.

Defense:

Needed items and people: evaluation sheets, evaluator, person shouting out bib numbers and organizing players by bib numbers, fungo hitter, someone catching-in.

Outfielder throw from right field to third base

- 1 ground-ball, 2 pop-flies

Infielders (3B,SS,2B) take groundballs from shortstop

- 1 straight at-him, forehand, backhand, slow-roller

1st Baseman

- 1 straight at-him, forehand, backhand, slow-roller
- He will be throwing to third base to show defensive arm strength

Catchers

- Framing (3 reps)
- Blocking (3 reps)
- Pop-Time, second base only (3 reps)

Hitting

Needed items and people: evaluation sheets, evaluator, BP, and front toss throwers, radar gun (optional)

Set up two to three cages

You will have one to two practice cages and you will have one showcase cage for evaluations.

Have one to two coaches giving front-toss or BP in the practice cages

Have one BP thrower for the showcase cage

Each player gets 5 swings

One evaluator

Have an additional evaluator with a radar gun recording exit velocities (optional)

Pitching

8-15 pitches

Two mounds if applicable (showcase mound and warm-up mound)