

FLBA Tryout Criteria				
Infield	Outfield	Hitting	Pitching	Catching
Warmup				
Line-up in pairs, roll ball then throw back & alternate (5 mins)	Long toss in pairs to look at arm strength, then 1 fly ball	Hole hitters warmup at sock(s); 1 Bunt, 3 swings in cage	Warmup period (same for all)	Warmup period (same for all)
Graded Skill				
6 ground balls 2 left, 2 Center, 2 Right	6 fly balls 2 left, 2 Center, 2 Right Grading	Tee swings (9-14)- 8 graded swings Live Hitting- (9U) 10 graded swings (10-14) 3 bunts and 8 graded swings	10 Pitches (5 Strech, 5 Windup) Or 10 From Strech	5 Catches, 3 Blocks, 3 Throws down
Grading				
Glove/Technique Refer to Skills Matrix by age. 1-2 poor, 3-4 below average, 5-6-average 7-8 above average, 9-10- excellent	Glove/Technique Refer to skills matrix by age. 1-2 poor, 3-4 below average, 4-6-average 7-8 above average, 9-10- excellent	Mechanics Refer to skills matrix by age. Stance, grip, hands ready, knees slightly bent, weight balanced, head on ball, timing, balanced swing, good stride, hip rotation, extension, 1-2 - poor, 3-4 -below average, 5-7 -average, 8-10 -above average, 11-13 -excellent	Mechanics Refer to skills matrix by age. 1-3 - poor, 4-6 -below average, 7-9 -average, 10-12 -above average, 13-15 -excellent	Mechanics/Receiving Refer to skills matrix by age. 1,2- poor 3,4-below average 5,6-average 7,8-above average 9,10-excellent
Footwork/agility Refer to skills matrix by age. 1- poor, 2- below average, 3-average 4-above average, 5- excellent	Ability to Judge Flyballs/Footwork Refer to skills matrix by age. 1- poor, 2- below average, 3-average 4- above average. 5-excellent	Contact Refer to skills matrix by age. 1-2 - No/Marginal contact (tick, pop foul) 3-4 - below average (weak grounder/pop-up) 5-7 - average contact, 8-10 - above average (solid hit) 11-13 -excellent contact (solid hit w/ power)	Arm Strength Refer to skills matrix by age. 1- poor, 2- below average, 3-average 4- above average. 5-excellent	Throwing/footwork Refer to skills matrix by age. 1,2- poor 3,4-below average 5,6-average 7,8-above average 9,10-excellent
Athleticism/quickness Refer to skills matrix by age. 1- poor, 2- below average, 3-average 4- above average, 5- excellent	Athleticism/quickness Refer to skills matrix by age. 1- poor, 2- below average, 3-average 4- above average, 5- excellent	Power Refer to skills matrix by age. 1- poor, 2- below average, 3-average, 4- above average	Accuracy Refer to skills matrix by age. 1,2- poor, 3,4-below average, 5,6- average, 7,8-above average, 9,10- excellent	Blocking Refer to skills matrix by age. 1,2- poor 3,4-below average 5,6-average 7,8-above average 9,10-excellent
Arm Strength Refer to skills matrix by age. 1- poor, 2- below average, 3- average, 4- above average, 5- excellent	Arm Strength Refer to skills matrix by age. 1- poor, 2- below average, 3- average, 4- above average, 5- excellent			
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