

INDIVIDUAL BASEBALL SKILLS RATINGS

DIRECTIONS: Rate yourself honestly in each area from 0 to 10. 10 is a perfect score.

IN/OUT SCHOOL

Grades _____
Study Habits _____
Behavior in _____
Behavior out _____
Attendance _____

CONDITIONING

Overall body strength _____
Flexibility _____
Agility _____
Endurance _____
Nutrition _____
Sleep _____

HITTING

Bat speed _____
Contact _____
Power _____
Using all fields _____
With 2 strikes _____

PITCHING

Mechanics-windup _____
Mechanics-stretch _____
Grips _____
Location/Control _____
Fastball _____
Change-up _____
Breaking pitch(es) _____
Fielding _____
Pickoffs _____
Poise _____

BUNTING

Mechanics _____
Sac to 1st _____
Sac to 3rd _____
Basehit-3rd _____
Basehit-1st _____

RUNNING

Mechanics _____
60 yard dash _____
Home to 1st _____
Jumps _____
Stealing _____
Leads>Returns _____
Delayed steal _____

CATCHING

Stances (3) _____
Receiving _____
Framing _____
Throws to 1st _____
Throws to 2nd _____
Throws to 3rd _____
Throws to P _____
Blocking _____
Fielding bunts _____
Pop-ups _____

DEFENSE

Soft hands _____
Quick hands _____
Footwork _____
1st step /jumps _____
Double plays _____
Cutoff plays _____
Bunt plays _____
Fly balls _____

* Analyze the numbers and formulate some goals to guide your off-season work.

* Keep practicing the things you do well

* Ask others to rate you as well and compare results.

THROWING

Grip _____
Arm angles _____
Mechanics _____
Velocity _____
Distance _____
Accuracy _____