



Canada

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PROGRAM

PARTICIPANT REPORT CARD

Name: _____



**BASEBALL
CANADA**





PROGRAM

PARTICIPANT REPORT CARD

WHITE CAP



FUNDAMENTAL MOVEMENT SKILLS: Agility - Jump over a line for 10 reps using your own type of jump.

Success:

THROWING: Able to throw a ball at 5 feet.

Success:

RECEIVING: Able to catch a ball thrown from 5 feet.

Success:

HITTING: Able to hit a ball off a tee.

Success:

BASERUNNING: Able to run around the bases in the correct direction without stopping.

Success:

Comments: _____

GREEN CAP



FUNDAMENTAL MOVEMENT SKILLS: Agility - Able to touch 6 cones placed in a star shape, while always looking forward.

Success:

THROWING: Able to throw 3/5 balls to coach from 25 feet.

Success:

RECEIVING: Able to field 3/5 grounders to the right and 3/5 grounders to the left (game distance).

Success:

HITTING: Able to hit 3/5 underhand balls passed the base paths rolling or in the air.

Success:

BASERUNNING: Able to run 20' followed by a feet first slide (on grass, no bases).

Success:

Comments: _____

GREY CAP



FUNDAMENTAL MOVEMENT SKILLS: Balance - Stay in the pitching balance position for 5 seconds, on both sides.

Success:

THROWING: Able to throw 3/5 balls to coach from 10 feet.

Success:

RECEIVING: Able to field 3/5 ground balls from 15 feet.

Success:

HITTING: Able to hit 3/5 fair balls off a tee.

Success:

BASERUNNING: Able to hit off a tee and run through 1st base.

Success:

Comments: _____

BLUE CAP



FUNDAMENTAL MOVEMENT SKILLS: Balance - Squatting like a catcher, and squat jump to right, and then to left (5 times each).

Success:

THROWING: Able to throw the ball 50 feet in the air.

Success:

RECEIVING: Able to catch 3/5 flyballs to the right and 3/5 flyballs to the left (5-10 feet left and right) at 15 feet height.

Success:

HITTING: Able to hit 3/5 fair balls underhand at least 75 feet in distance.

Success:

BASERUNNING: Able to run to a base and slide at the base.

Success:

Comments: _____

BLACK CAP



FUNDAMENTAL MOVEMENT SKILLS: Coordination - 10 Jumping Jacks without stopping

Success:

THROWING: Able to throw the ball 25 feet in the air.

Success:

RECEIVING: Able to catch 3/5 flyballs from 15 feet height.

Success:

HITTING: Able to hit 3/5 fair balls thrown underhand.

Success:

BASERUNNING: Able to run 2 bases and stopping at the final base.

Success:

Comments: _____

RED CAP



FUNDAMENTAL MOVEMENT SKILLS: Coordination - Juggling 2 balls with 2 hands for 5 seconds using transfer or cross method.

Success:

THROWING: From fielding position, I can throw 3/5 to 1st base from shortstop.

Success:

RECEIVING: Able to catch a total of 13/15 balls out of 5 grounders, 5 fly balls, and 5 balls thrown by a partner from distance of 15 feet.

Success:

HITTING: Able to hit 3/5 fair balls from machine (44' and 32-34 mph) or overhand.

Success:

BASERUNNING: Able to run 2 bases and slide at the base.

Success:

Comments: _____