



Canada

BASEBALL
CANADA



PROGRAM

PARTICIPANT REPORT CARD

Name: _____



BASEBALL
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WHITE CAP



FUNDAMENTAL MOVEMENT SKILLS: Agility - Hurdle over a line for 10 reps 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 6/10 ball to partner/target from 25 feet. Success: ☐

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

HITTING: Able to hit 6/10 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 pitching position for 5 seconds, both sides Success: ☐

THROWING: Able to throw 6/10 balls to partner/target from 10 feet. Success: ☐

RECEIVING: Able to field 6/10 ground balls from 15 feet. Success: ☐

HITTING: Able to hit 6/10 fair balls off a tee. Success: ☐

BASE RUNNING: 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 at a distance of 50 feet. Success: ☐

RECEIVING: Able to catch 3/5 flyballs to the right and 3/5 flyballs to the left (5-10 feet left and right). Success: ☐

HITTING: Able to hit 6/10 fair balls underhand at least 75 feet in distance. Success: ☐

BASE RUNNING: 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. Success: ☐

RECEIVING: Able to catch 6/10 flyballs from 15 feet height. Success: ☐

HITTING: Able to hit 6/10 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 Success: ☐

THROWING: From fielding position, I can throw 6/10 to 1st base from short-stop. 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 6/10 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: _____