

# Measurement Tools for Indoor Baseball Tryouts



Indoor baseball tryouts are far from ideal, and there is almost no way to see players in real competition. Because of this you have to make tryouts as competitive as possible and measure as many relevant skills as possible. These measurements will not necessarily tell you how a player will play, but it gives an indication of the type of athleticism they possess.

## Agility

**5-10-5 (Pro Shuttle)** - Set up three cones five yards apart in a straight line. The player starts at with the middle cone in the middle of their body. They run to the cone to the right, touch the line with their hand, run across to the cone on the other side and touch the line, then sprint through the middle cone. The coach starts the clock on their first move, then stops it when they pass the middle cone for the second time. <http://www.youtube.com/watch?v=l0H-L2gI68>

## Speed

**Half Court Sprints From Steal Start** -Just having players run a prescribed distance will only tell you how fast they run, it may not necessarily translate to the field. Measure your players doing half court sprints getting a read off a pitcher. This will tell you who has good speed, but can also get good jumps.

## Explosiveness

**Med Ball Side Throw** - Place a tape measure on the ground 40' (should be more than enough). Have your players throw an age appropriate med ball using the side throw technique. <http://www.youtube.com/watch?v=l0H-L2gI68> This will not tell you a little about how much rotational force a player can generate, and that may translate into hitting for power and throwing with velocity.

**Standing Long Jump**- Keep the tape on the ground from the med ball side throw and measure you players in standing long jump. This is one of the best indications of how much power and force a player can generate with their lower half (which is where most baseball skills begin).

**Off the Tee Velocity** - Set up a tee and a net or screen. Have a coach with a radar gun behind a player hitting off a tee. The player swings and hits the ball as hard as they can. <http://www.youtube.com/watch?v=z9gEczcadk8>

This velocity reading does not tell you IF a player can hit, it tells you if they do hit, how much damage they might do. It will tell you if they cannot hit. Players who cannot generate a velocity off the bat (80mph for varsity players) will not do any damage when they hit the ball. They may put the barrel on the ball repeatedly, but they will not be able to hit the ball hard enough to be an effective hitter.

Obviously, there is much, much more that goes into a baseball tryout, but these are some relevant, measurable that will give you a glimpse of the kind of athleticism a player possesses in movements that translate well to the game of baseball.

For more information on running tryouts, and a complete measurement tool for baseball tryouts, check out our [Silver Coach's Library](#).