

# POWER UP PROGRAM

The Power Up program is designed to measure a child's level of development throughout their time in baseball. As children reach Rookie age and progress through their careers, it can be a valuable tool to assist coaches in focusing on key skills, development, and engaging players and families to advance their skills through the 'power' levels.

This is a tool at a coach's disposal. Our goal this season is to support coaches and to help each child reach their maximum potential through instructional play and positive reinforcement. This program will also help us in making teams even in future seasons.

Let the parents and children know all 5 areas that are to be covered throughout the season i.e. catching, throwing, hitting, base running, and general knowledge. This will allow everyone an opportunity to work with their kids outside of games and practices. It will also encourage/motivate children to work harder resulting in a means to an end.

Coaches, please monitor each child's progress throughout the season.

- Evaluations and issuing of "Powers" are to begin on the field at practice # 2 or practice #3.
- At practice # 2 OR #3 every player receives a Super Power regardless of their performance.
- At the end of the season, players should receive some sort of feedback. What are the skills a player is excellent at? What needs improvement?
- The evaluation form is to be completed by the coach and provided to the Director of House League so that team selection can be made easier in the future.

The success rate/goals for all three levels of achievement are as follows:

Level One – 100%

Level Two – 50%

Level Three – 20%

You can ask for a parent to help complete the Player Evaluation forms.

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## Player Accomplishment Form

Player Name: \_\_\_\_\_

Division: \_\_\_\_\_

Team: \_\_\_\_\_

Reviewer: \_\_\_\_\_

			
<b>Catching</b>	Can catch a ball in the air from 5 ft away	When on first base, player can catch the ball in the air thrown from second base (1 in 3 attempts)	Can catch a ball in the air thrown from third to first or first to third (1 in 3 attempts)
<b>Throwing</b>	Can throw a ball in the air and hit a target from 5ft away (1 in 3 attempts)	When on second base can throw a ball in the air to first base (1 in 3 attempts)	Can throw a ball in the air from first to third
<b>Hitting</b>	Can make contact with the ball (2 in 5 attempts)	Can hit 5 of 10 balls in fair play	Can hit 5 of 10 balls to the outfield
<b>Base Running</b>	Can run the bases without stopping ending at home plate	Can properly round the base path from first to second	Can demonstrate a proper leadoff, secondary leadoff, and steal a base
<b>Pitching</b>	Can demonstrate a basic pitching motion by making a controlled throw to home	Throws 3 strikes out of 10 times with proper mechanics	Throws strikes 6 out of 10 times with proper mechanics
<b>General Knowledge</b>	Can demonstrate where to stand at the plate. Can identify fielding positions	Can give examples of a double play / infield fly etc	Could basically coach if you needed one
<b>Comments</b>			