

Queensland Regional Academy Player Testing - Overview

These tests are designed to measure the skill and fitness proficiency of the players and measure improvement over a period of time. Each player goes through all seven tests and results are compiled on results sheet.

1. **Baserunning speed** Home to 1st Base x 3
2. **Arm Strength**
Whilst doing accuracy test, coach with a radar gun stands to right of 1st base and measures arm velocity of throw from shortstop to 1st base – measure all 5 throws
3. **Throwing Accuracy** 5 throws from shortstop position to 1st base.

Scoring is as follows:

- Throw to 1st base is fielded by 1st baseman with reasonable effort = 1
- 1st baseman is pulled from the base to catch the ball = 0

4. **Fielding & Lateral Movement**

Place cones 4m from central cone. Using pitching machine for consistency, fielder starts at central cone, pitching machine set up between 3rd base and home plate.

- fields 5 balls straight at them
- 5 to right cone
- 5 to left cone.

Ball must be fielded cleanly to score.

Set speeds as follows:

U14 development	Males 70kph	Females 60kph
Older age groups	Males 80-85kph	Females 70-75kph.

5. **Hitting Distance**

Hit 5 balls from batting tee and measure distance ball travels to complete stop.

6. **Shuttle Run / Beep Test**

Measure out distance and place markers / cones out for running line. Record the level each athlete reaches.

7. **Agility Run**

Set out four markers/cones in a T shape design. Each player runs 3 times and each time is recorded.

Pitchers and Catchers

There are 3 secondary tests for pitchers and catchers only.

1. **Catcher release time**

Catcher will receive 5 pitches from a pitching machine; throw to 2nd base as if trying to throw out a stealing baserunner.

- Measured with a stopwatch glove to glove. (i.e. when the ball hits the catchers glove to the players glove at 2nd bases)

2. **Pitching Speed**

Pitcher will be measured using a radar gun – 10 pitches over the pitching distance for the appropriate age group.

3. **Pitching Accuracy**

Pitcher will pitch to a target – 10 pitches over the pitching distance for the appropriate age group.

- Hit target = 1 miss target = 0

1. RUNNING SPEED

Purpose:

To evaluate the speed of the runner over the base distance of 18.29m (60 feet).

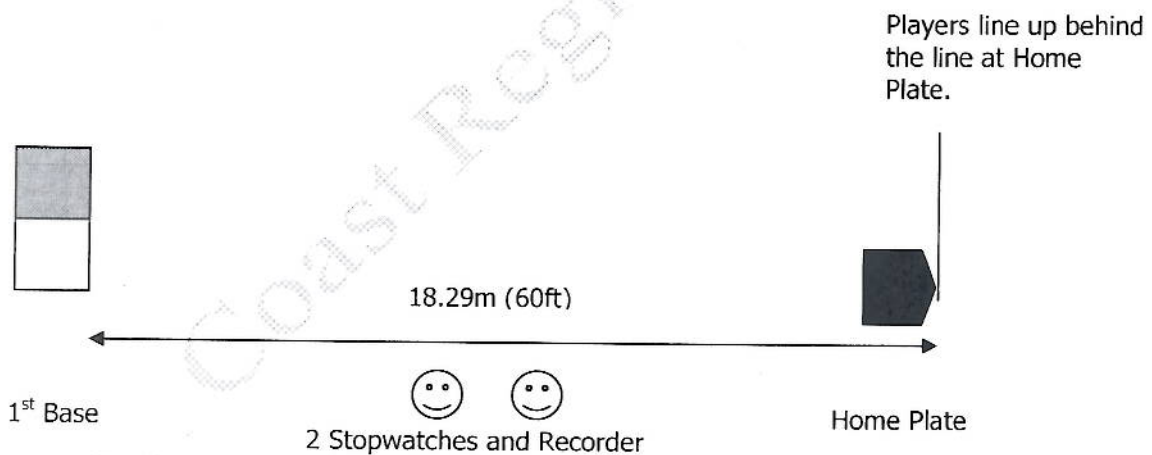
Equipment

- Measuring Tape
- 2 Stopwatches
- Recording Sheet and Pen

Procedure

- Explain the procedure
- The player should run as fast as possible through first base as there is a tendency to slow down before the base
- Use 2 stop watches
- Line the player up with the point of home plate, facing first base.
- On your signal the athlete sprints towards first.
- Start the stopwatch on your signal and stop the stopwatch when their foot hits first base.
- Record time on the recording sheet.
- Repeat test 3 times

Set Up:



2. ARM STRENGTH

Purpose:

To evaluate throwing arm velocity of the player.

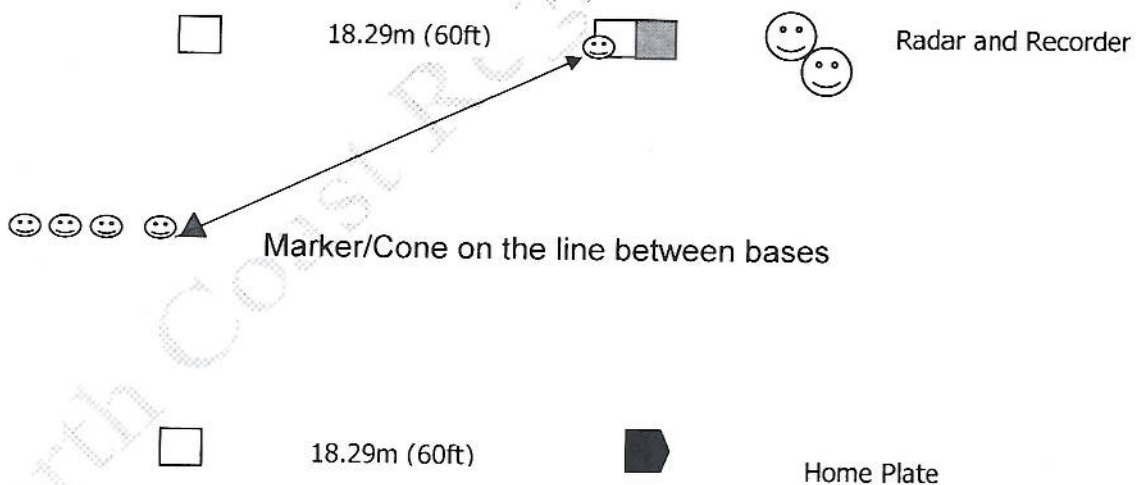
Equipment

- Radar Gun
- Bases for a diamond
- Bag of softballs
- Cone/marker

Procedure

- Throw occurs from the short stop position to 1st base.
- Players should already have performed a warm up and throw.
- Players are to throw a softball at a player playing at the 1st base.
- Players may take 2-3 steps but must throw from behind the cone
- Recorder and Radar Gun operator are to stand to the right of 1st base to record the speed of the throw.
- Each player should have 5 throws.
- Record the speed of each throw on the recording sheet.

Set Up:



3. THROWING ACCURACY

Purpose:

To evaluate throwing accuracy of the player.

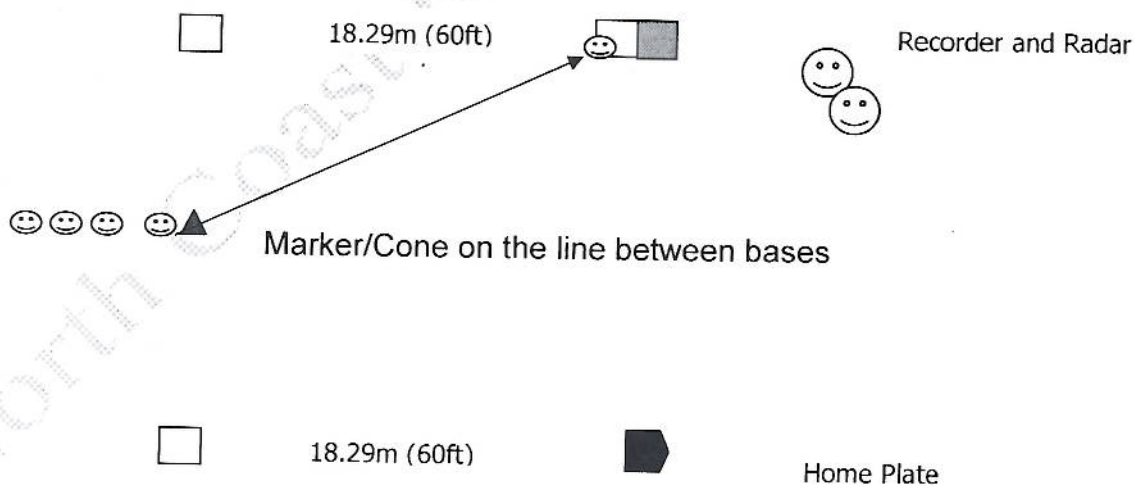
Equipment

- Bases for a diamond
- Bag of softballs
- Cone/marker

Procedure

- Throw occurs from the short stop position to 1st base.
- Players should already have performed a warm up and throw.
- Players are to throw a softball at a player playing at the 1st base.
- Players may take 2-3 steps but must throw from behind the cone
- Recorder and radar gun operator are to stand to the right of 1st base to record the accuracy of the throw.
- Each player should have 5 throws.
- The 1st base player must be competent at receiving a thrown ball.
- Scoring:
 - Throw to 1st base is fielded by 1st baseman with reasonable effort = 1
 - 1st baseman is pulled from the base to catch the ball = 0
 - Record the speed of each throw on the recording sheet.

Set Up:



4. GROUND BALL FIELDING TEST

Purpose:

To evaluate fielding lateral ability of the player.

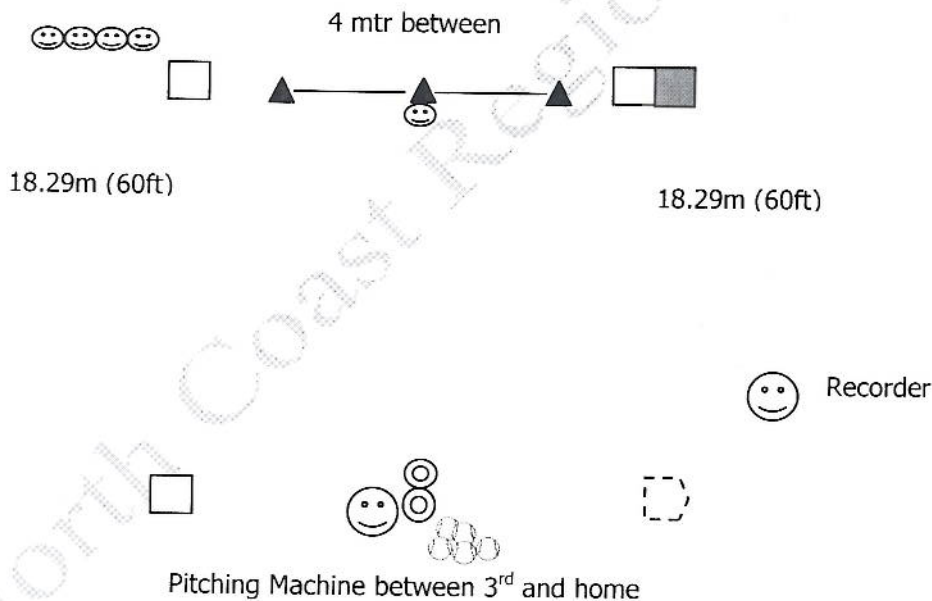
Equipment

- Tape Measure
- Cones to mark fielding distance
- Bag of softballs
- Pitching machine for ball consistency

Procedure

- Refer to set up for distances of markers and machine
- Athlete stands at the centre and fields 5 ground balls directly at them
- Athlete stands at the centre and fields 5 ground balls rolled to the right cone
- Athlete stands at the centre and fields 5 ground balls rolled to the left cone
- A score is recorded only when the player field the ball cleanly.
- Speed of the machine or this test is as follows:
 - U14 development level * Males 70kph * Females 60kph
 - Older age groups * Males 80-85kph * Females 70-75kph.

Set Up:



5. HITTING DISTANCE

Purpose:

To evaluate the distance the player can hit a ball.

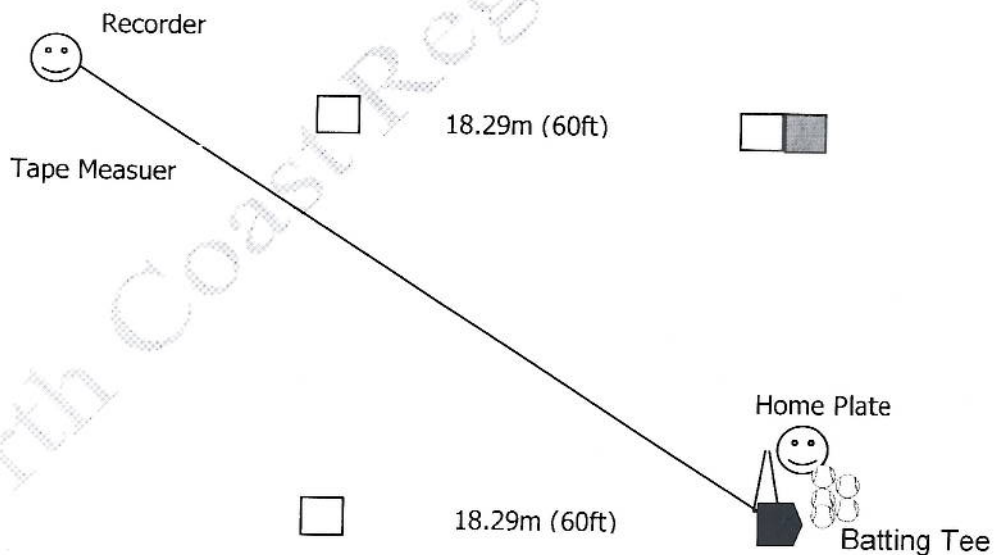
Equipment

- Batting Tee
- Tape Measure
- 5 Hard/New Optic Softballs

Procedure

- Set up Batting Tee as per diagram below.
- Set out a tape measure from the outwards into the diamond.
- Each player is to have 5 swings off the tee towards the open diamond.
- Each swing should be aimed to produce a sharp line drive.
- Recorder stands with tape measure and measures each hit ball at the completion on the 5 hits.
- A ball is measured when it has come to a complete stop.
- Batter is to retrieve the balls for the next player to use.

Set Up:



6. SHUTTLE RUN

Purpose:

To evaluate the endurance level of the player.

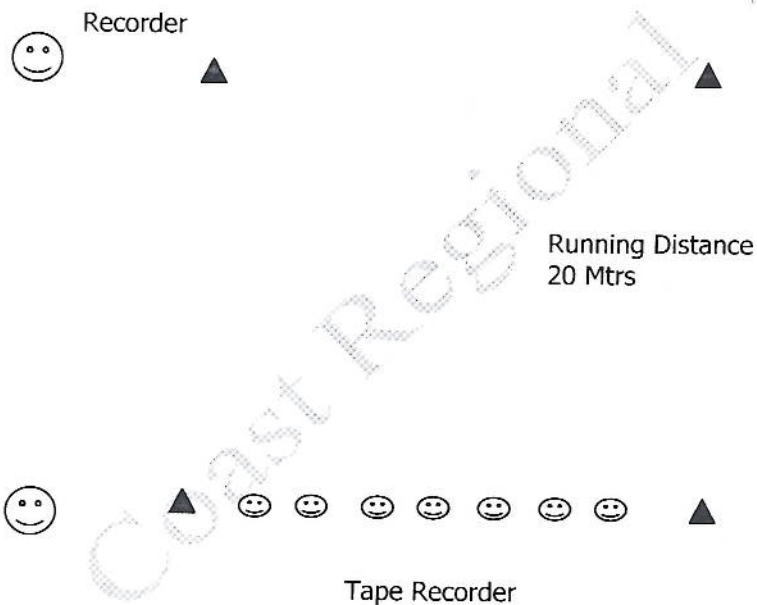
Equipment

- Tape Recorder
- Shuttle run CD
- Tape Measure

Procedure

- Set up distances as per diagram below.
- Line participants up and play the CD.
- Player's must reach the line on the beep or it is a failed level.
- Player's cannot over run the beeps and must wait at the line until the beep.
- Record the distance each player reaches on the recording sheet.

Set Up:



7. AGILITY RUN

Purpose:

To evaluate the agility speed of the player.

Equipment

- Markers / Cones
- Tape Measure

Procedure

- Set up distances as per diagram below.
- 3 agility runs per player
- Player's must run to each marker using a side to side stepping movement.
- The only marker not touched is the centre marker on the cross from one side to the other, all other markers must be touch to complete the run
- Record the speed of each player on the recording sheet.

Set Up:

