

# Rally Cap Participant Report Card

## White Band

**FUNDAMENTAL MOVEMENT SKILLS:** Agility - Hurdle over a line for 10 reps Success:

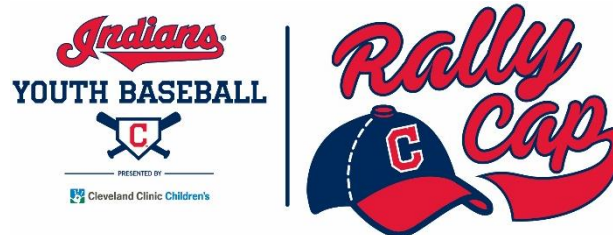
**THROWING:** Able to throw a ball at 5 feet. Success:

**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: \_\_\_\_\_



## White/Navy Band

**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: \_\_\_\_\_

## Navy Band

**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: \_\_\_\_\_



## Navy/Red Band

**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: \_\_\_\_\_

## Red Band

**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: \_\_\_\_\_

## Red/White Band

**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: \_\_\_\_\_